



Pacific West Gymnastics is a 15,000 sq. ft. facility that meets all USA Gymnastics requirements. The gym is padded throughout and has all the latest matting and equipment for the safest gymnastics facility in the Tri-City area. We offer the largest variety of equipment than any program in the area! The gym includes 2 in-ground pits filled with foam, which provides a fun and safe learning experience as well as a 30' long Tumble-Trak, trampoline and more. All staff have extensive backgrounds in the sport of gymnastics and plan to share their joy in the sport with your child. All of our staff are USAG Safety Certified and receive ongoing training.

Location: 32920 Alvarado-Niles Rd. Suite 210 • Union City, CA 94587 (510) 471-0240

NEW!! Wiggle Worms, Inch Worms, and Squiggle Worms

Code # S-1	Code # S-2	Class	Age	Gender	Day	Time	Classes	Fee (res/non)	Session I	Session II
39316	39317	GLOW WORMS	18 MO.-3 YRS	BOYS & GIRLS	MON	10-10:45 am	10	\$135/ \$145	1/11-3/21	3/22-5/30
39318	39319	GLOW WORMS	18 MO.-3 YRS	BOYS & GIRLS	WED	10-10:45 am	10	\$135/ \$145	1/11-3/21	3/22-5/30
39320	39321	GLOW WORMS	18 MO.-3 YRS	BOYS & GIRLS	THU	10:30-11:15 am	10	\$135/ \$145	1/11-3/21	3/22-5/30
39322	39323	GLOW WORMS	18 MO.-3 YRS	BOYS & GIRLS	FRI	10-10:45 am	10	\$135/ \$145	1/11-3/21	3/22-5/30
39324	39325	GLOW WORMS	18 MO.-3 YRS	BOYS & GIRLS	SAT	9-9:45 am	10	\$135/ \$145	1/11-3/21	3/22-5/30
39342	39343	Inch Worms	3-4 YRS	BOYS & GIRLS	MON	10-10:45 am	10	\$140/ \$150	1/11-3/21	3/22-5/30
39344	39345	Inch Worms	3-4 YRS	BOYS & GIRLS	WED	10-10:45 am	10	\$140/ \$150	1/11-3/21	3/22-5/30
39346	39347	Inch Worms	3-4 YRS	BOYS & GIRLS	THU	10:30-11:15 am	10	\$140/ \$150	1/11-3/21	3/22-5/30
39348	39349	Inch Worms	3-4 YRS	BOYS & GIRLS	FRI	10-10:45 am	10	\$140/ \$150	1/11-3/21	3/22-5/30
39350	39351	Inch Worms	3-4 YRS	BOYS & GIRLS	SAT	9- 9:45 am	10	\$140/ \$150	1/11-3/21	3/22-5/30
39376	39377	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	MON	4-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39378	39379	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	TUE	4-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39380	39381	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	TUE	5-5:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39382	39383	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	TUE	6:30-7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39384	39385	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	WED	4:30-5:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39386	39387	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	THU	4-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39388	39389	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	THU	5:30-6:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39390	39391	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	THU	6:30-7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39392	39393	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	FRI	4-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39394	39395	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	FRI	6-6:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39396	39397	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	SAT	10-10:55 am	10	\$145/ \$155	1/11-3/21	3/22-5/30
39398	39399	SQUIGGLE WORMS	3.5- 5 YRS	BOYS & GIRLS	SAT	11-11:55 am	10	\$145/ \$155	1/11-3/21	3/22-5/30

NEW!! Recreational Gymnastics, Trampoline and Tumbling, Kid's Night Out

Code # S-1	Code # S-2	Class	Age	Gender	Day	Time	Classes	Fee (res/non)	Session I	Session II
39470	39471	Recreational 1	5 & up	Girls	Mon	5:00-6:00 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39472	39473	Recreational 1	5 & up	Girls	Mon	6:30-7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39474	39475	Recreational 1	5 & up	Girls	Tue	4:00-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39476	39477	Recreational 1	5 & up	Girls	Tue	5:30- 6:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39478	39479	Recreational 1	5 & up	Girls	Wed	5:30- 6:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39480	39481	Recreational 1	5 & up	Girls	Wed	6:30- 7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39482	39483	Recreational 1	5 & up	Girls	Thu	4:30- 5:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39484	39485	Recreational 1	5 & up	Girls	Thu	5:30- 6:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39486	39487	Recreational 1	5 & up	Girls	Thu	6:30- 7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39488	39489	Recreational 1	5 & up	Girls	Fri	4- 4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39490	39512	Recreational 1	5 & up	Girls	Fri	5- 5:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39491	39492	Recreational 1	5 & up	Girls	Fri	6- 6:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39493	39494	Recreational 1	5 & up	Girls	Fri	7- 7:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39495	39523	Recreational 1	5 & up	Girls	SAT	9- 9:55 am	10	\$145/ \$155	1/11-3/21	3/22-5/30
39496	39497	Recreational 1	5 & up	Girls	SAT	10:30- 11:25 am	10	\$145/ \$155	1/11-3/21	3/22-5/30
39498	39499	Recreational 2/3	5 & up	Girls	Mon	5:00-6:30 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39501	39502	Recreational 2/3	5 & up	Girls	Tue	6:30-7:55 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39503	39504	Recreational 2/3	5 & up	Girls	Wed	5:30-7:00 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39505	39506	Recreational 2/3	5 & up	Girls	Thu	6:30-7:55 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39507	39508	Recreational 2/3	5 & up	Girls	Fri	4:30-6:00 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39509	39510	Recreational 2/3	5 & up	Girls	Sat	9-10:25 am	10	\$165/ \$175	1/11-3/21	3/22-5/30
39659	39662	Tramp & Tumble 1	5 & up	Boys & Girls	Tue	7:30-8:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39660	39663	Tramp & Tumble 1	5 & up	Boys & Girls	Thu	5:30-6:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39661	39664	Tramp & Tumble 1	5 & up	Boys & Girls	Sat	11:30-12:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39511	39513	Recreational 1	5 & up	Boys	Tues	6:30-7:25 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39514	39515	Recreational 1	5 & up	Boys	Wed	4-4:55 pm	10	\$145/ \$155	1/11-3/21	3/22-5/30
39516	39517	Recreational 2/3	5 & up	Boys	Wed	5-6:25 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39518	39519	Recreational 1-3	13 & up	Girls	Tue	7:30-8:55 pm	10	\$165/ \$175	1/11-3/21	3/22-5/30
39878	39881	Kid's Night Out	5 & up	Boys & Girls	Sat	5-9 pm	1	\$20/\$25	1/16	4/24
39879	39882	Kid's Night Out	5 & up	Boys & Girls	Sat	5-9 pm	1	\$20/\$25	2/27	5/22
39880	N/A	Kid's Night Out	5 & up	Boys & Girls	Sat	5-9 pm	1	\$20/\$25	3/20	N/A

CLASS DESCRIPTIONS

Recreational 1 & 2 : Our recreational gymnastics program is based on guidelines set forth by USA Gymnastics. Athletes will receive instruction on all Olympic gymnastic events. The classes are designed to build strength, flexibility, confidence, promote teamwork, increase fitness and teach basic gymnastic skills.

Trampoline & Tumbling 1 : Our trampoline and tumbling program is perfect for gymnasts who want to focus on floor and trampoline skills only. Whether your child just loves to jump and flip, or wants advanced skills used in other sports (diving, tae kwon do, karate, pole vaulting, dance and more), we've got the class for them.

Glow Worm : A structured parent/child class designed to improve basic motor skills, coordination, listening skills, fitness and self-confidence all while having fun at our gym.

Inch Worm : This introductory class is designed for tots. It is structured around basic gymnastics principles and uses a variety of gymnastic equipment and ideas to enhance your child's motor skills, concentration skills and teamwork.

Squiggle Worm : This class is designed to target the eager mind of your 3.5-5 year old. Obstacle courses, games and themed instruction combined with our innovative coaching styles provide basic tools for enhancing motor skills and fundamental gymnastics.

Kid's Night Out : This class gives both the parents and children a chance to unwind and have some fun! Children will play games, races, use the equipment in the gym while the parents can enjoy a night on the town!