



Pacific West Gymnastics is a 15,000 sq. ft. gym. 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 Pacific West Staff have backgrounds in the sport of gymnastics and plan to share their joy of the sport with your child.

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

Session I 1/9-4/1 CODE	Fee (res/non)	Classes	Class	Age	Gender	Day	Time	Session 2 4/9-6/17 CODE	Classes	Fee (res/non)
47169	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	MON	10:00- 10:45 am	47233	10	\$160/ \$170
47170	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	TUE	10:00- 10:45 am	47234	10	\$160/ \$170
47171	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	WED	10:00-10:45 am	47235	10	\$160/ \$170
47172	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	THU	10:00- 10:45 am	47236	10	\$160/ \$170
47173	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	FRI	10:00- 10:45 am	47237	10	\$160/ \$170
47174	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	SAT	9:00-10:45 am	47195	10	\$160/ \$170
47175	\$190/ \$200	12	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	SAT	9:00- 9:45 am	N/A	N/A	N/A
N/A	N/A	N/A	GLOW WORMS	18 MO.-3 YRS	BOY/ GIRL	SAT	10:00-10:45 am	47196	10	\$160/ \$170
47287	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	MON	10:00-10:45 am	47296	10	\$170/ \$180
47288	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	WED	10:00- 10:45 am	47297	10	\$170/ \$180
47289	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	THU	10:00- 10:45 am	47298	10	\$170/ \$180
47290	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	FRI	10:00- 10:45 am	47299	10	\$170/ \$180
47291	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	MON	5:00-5:45 pm	47300	10	\$170/ \$180
47292	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	TUE	4:00-4:45 pm	47301	10	\$170/ \$180
47293	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	WED	4:30-5:15 pm	47302	10	\$170/ \$180
47294	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	SAT	10:00-10:45 am	47303	10	\$170/ \$180
47295	\$200/ \$210	12	Inch Worms	3-4 YRS	BOY/ GIRL	SAT	11:00- 11:45 am	47304	10	\$170/ \$180
47345	\$210/ \$220	12	Squiggle Worms	3.5- 5 yrs	Boy/ Girl	Mon	4:00-4:55 pm	47356	10	\$180/ \$190
47346	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	TUE	4:00-4:55 pm	47335	10	\$180/ \$190
47347	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	TUE	5:00-5:55 pm	47336	10	\$180/ \$190
47348	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	WED	4:30-5:25 pm	47337	10	\$180/ \$190
47349	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	THU	4:00-4:55 pm	47338	10	\$180/ \$190
47350	\$210/ \$220	12	Squiggle Worms	3.5- 5 YRS	BOY/ GIRL	THU	5:30-6:25 pm	47339	10	\$180/ \$190
47351	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	THU	6:30-7:25 pm	47340	10	\$180/ \$190
47352	\$210/ \$220	12	Squiggle Worms	3.5- 5 yrs	Boy/ Girl	Fri	4:00-4:55 pm	47341	10	\$180/ \$190
47353	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	FRI	6:00-6:55 pm	47342	10	\$180/ \$190
47354	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	SAT	10:00-10:55 am	47343	10	\$180/ \$190
47355	\$210/ \$220	12	SQUIGGLE WORMS	3.5- 5 YRS	BOY/ GIRL	SAT	11:00-11:55 am	47344	10	\$180/ \$190

Session I 1/9-4/1 CODE	Fee (res/non)	Classes	Class	Age	Gender	Day	Time	Session 2 4/9-6/17 CODE	Classes	Fee (res/non)
47357	\$210/ \$220	12	Recreational 1	5 & up	Girls	Mon	5:00-5:55 pm	47446	10	\$180/ \$190
47358	\$210/ \$220	12	Recreational 1	5 & up	Girls	Tue	5:30-6:25 pm	47378	10	\$180/ \$190
47359	\$210/ \$220	12	Recreational 1	5 & up	Girls	Tue	6:30-7:25 pm	47379	10	\$180/ \$190
47360	\$210/ \$220	12	Recreational 1	5 & up	Girls	Wed	4:30- 5:25 pm	47380	10	\$180/ \$190
47361	\$210/ \$220	12	Recreational 1	5 & up	Girls	Wed	5:30- 6:25 pm	47381	10	\$180/ \$190
47362	\$210/ \$220	12	Recreational 1	5 & up	Girls	Wed	6:30- 7:25 pm	47445	10	\$180/ \$190
47363	\$210/ \$220	12	Recreational 1	5 & up	Girls	Thu	5:30- 6:25 pm	47382	10	\$180/ \$190
47364	\$210/ \$220	12	Recreational 1	5 & up	Girls	Thu	6:30- 7:25 pm	47383	10	\$180/ \$190
47365	\$210/ \$220	12	Recreational 1	5 & up	Girls	Fri	5:00- 5:55 pm	47384	10	\$180/ \$190
47366	\$210/ \$220	12	Recreational 1	5 & up	Girls	Fri	6:00- 6:55 pm	47385	10	\$180/ \$190
47367	\$210/ \$220	12	Recreational 1	5 & up	Girls	Sat	9:00- 9:55 am	47386	10	\$180/ \$190
47368	\$210/ \$220	12	Recreational 1	5 & up	Girls	Sat	10:30- 11:25 am	47387	10	\$180/ \$190
47369	\$210/ \$220	12	Tumbling 1	5 & up	BOY/ GIRL	Sat	11:30-12:30 pm	47388	10	\$180/ \$190
47370	\$210/ \$220	12	Recreational 1	5 & up	Boys	WED	5:30-6:25 pm	47389	10	\$180/ \$190

CLASS DESCRIPTIONS

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 gymnastics 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.

Recreational 1 : 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.