

# GYMNASTICS OPEN GYM

## What is Open Gym?

Open Gym is a great way for all students to get some extra practice time in the gym with our Instructors!

Your child can work on the Star Skills they need to move up on all of our Evens such as Floor, Bars, Balance Beam, Vault, Trampolines and Foam Pit.

Our qualified instructors will monitor all events, help spot skills, and set up stations to work skills the students chose. During open gym the kids make the class!

**FRIDAY'S 5:30-6:25**

**AGES 5 TO 17**

**\$12 per person/per visit**

Register online or pre-register for faster entry. Walk-Ins are welcome! Open Gym can also be used as a makeup class.



# KARATE OPEN PRACTICE



## What is Karate Open Practice?

**AGES 4 TO ADULT**

**FRIDAY 5:30-6:25**

**\$12 per person/per visit**

Karate Open Practice is for all levels of Karate students and those that are thinking about being a part of the Victory Karate Program. Participants can focus on new skills, practice their forms, kicks, and punches as well as increase strength and cardio.

A Victory Karate instructor is always there to help instruct, give tips, and work with students and answer any questions participants may have about skills.

Register online or for faster entry Walk-Ins are welcome! Open Practice can be used as a makeup class. It also will count towards the minimum class requirement for belt advancement.

# NINJETICS OPEN GYM



## What is Ninjetics Open Gym?

Ninjetics Open Gym participants can practice their skills on trampoline and bars before a Ninjetics obstacle course opens during the last part of open gym. Come in and conquer your inner Ninja!

**AGES 5 TO 11**

**FRIDAY 5:30-6:25**

**\$12 per person/per visit**

### Register Online Anytime!

1. Go to [victorysportscenter.tn.com](http://victorysportscenter.tn.com) and click on the "Log In/Create Account" button in the top right corner of the VSC Homepage.
2. Create a new account unless your child already is enrolled in classes and use the email on file to access your account. If you can't remember your password to log in, click "forgot password" to get a temporary one sent.
3. Once you log in and accept all policies (if you are a new family to the gym), click on Booking and look for Open Gyms.
4. Add the Open Gym your child wants to attend and add it to card. Once the balance is paid, you will receive a confirmation email.
5. If you have any questions just give us a call and we can help complete your registration.

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**WE ALSO OFFER:**

**Preschool Gymnastics**

**The Campus  
Pre-K Program**

**Gymnastics**

**Karate**

**Ninjetics**

**Self Defense**

**After School Program**

**Field Trips & Camps**

**Fun Night Out**

**Birthday Parties**

**Jungle Gym Bus**

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**VICTORYSPORTSCENTER**  
*...where kids can learn and grow!*

# OPEN GYM

- GYMNASTICS
- KARATE
- NINJETICS
- PARKOUR

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Visit our Website @  
[victorysportscentertn.com](http://victorysportscentertn.com)

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