



### **Option 1-**

Coach and Gymnast participate in a group setting  
One time session Assessment and program recommended  
4.5 hours  
\$200.00

### **Option 2-**

Private lesson / Program evaluation and recommendation  
One session  
3 hours  
\$250.00

### **Option 3-**

Coach and gymnast participate in a group setting with assigned tasks  
1 session per month for a duration of 4 months  
4.5 hour sessions  
\$600.00 - Split payment plan available

\*Money back if injured

\*All options can be us attending your facility. There will be a 10% additional fee plus travel costs.