

Class Programs & Descriptions

Parent/Child - Ages 18 mths-3yrs

Co-ed: Parent & child explore movement together while learning gymnastics.

Ratio: 10 parent/child sets to 1 coach

Tuition \$110/mo*, 45 minute class once a week

TB 3s - Age 3

Co-ed: Child will receive basic instruction on the balance beam, uneven bars, parallel bars, rings, trampoline, and tumbling.

Ratio: 6 students to 1 coach

Tuition \$110/mo*, 45 minute class once a week



All Gym - Ages 4-5



This "all gym" class uses almost all of our equipment including trampoline, double mini trampoline, vault, tumbling floor, parallel bars, Tumble Trak, uneven bars, and balance beam.

Ratio: 6 students to 1 coach

Girls Gymnastics (Artistic) - Ages 4 & up

Focus will be on bars, balance beam, vault and floor.



Boys Gymnastics (Artistic) - Ages 4 & up



Focus will be on building skills on the pommel horse, high bar, bars, tumbling, vault, rings and

mushroom.

Trampoline & Tumbling (TNT) - Ages 4 & up

Co-Ed. Features Trampoline, Double Mini, Rod Floor and Tumble Track.

Tumbling—Ages 6 & up

Co-Ed: Learn and improve on standing, running tumbling skills using the spring floor and tumble trak trampoline.



Tuition & Registration

All programs are divided up by age and skill placement.

Class Ratio Ages 4-5: 6 student to 1 coach

Class Ratio Ages 6 & up: 8 student to 1 coach

Tuition Ages 4 & up: \$116 per month*,

55 minute class, one day a week

Registration for all ages: \$50 once a year per child

Registration and class schedule on-line in real time!
Download the mobile friendly app!

*A nominal % increase will take effect in August



Gymnastics Fun Days

Bring your kids to Gymnastics Fun Days during school holidays and summer. Kids will enjoy a fun filled day of tumbling, gymnastics, and team building! For children ages 4.5-13 years old.

Short Day: 9am-3pm \$61/day

Long Day: 7am-6pm \$71/day

For more information, check website or stop by the front desk!

Tumbling Clinic

Need to focus on Tumbling? Have cheer try-outs?

We offer Tumbling Clinics!

Select Saturdays 2:00-4:00pm

Cost \$50 per child Ages 6 & up

Register online through the Event Calendar!

Competitive Teams

We currently have competitive teams in:

- Girls Compulsory Artistic
- Girls Xcel Artistic
- Girls Optional Artistic
- TNT (Trampoline & Tumbling)
- Boys Artistic

Powerhouse Gymnastics Afterschool Pick Up 2024-25**

Powerhouse picks up students from school and buses them back to our facility for fun and fitness.

We currently pickup from Fields, Franklin, Hoffman, Kallison, Kuentz, Mireles, Ward, Scarborough, and Tomlinson Elementary.

Tuition: \$358/month*

Don't see your child's school? Don't worry!

We also offer Drop Off! Call for more info.

Tuition: Drop off \$286/month*

Registration: \$50 annually

**Follows the N.I.S.D schedule.

*A nominal % increase will take effect in August



Mother's Day Out Program***

A daytime gymnastics and educational program for potty-trained preschoolers ages 2 1/2-5yrs. Held on Tuesdays & Thursday from 9 am—2 pm

Tuition: \$265/month*



\$50 annual registration fee

\$50 Supply fee

*A nominal % increase will take effect in August

***Not a licensed day care.

Powerhouse On Wheels Bus (PHOW)



PHOW is available for school events, birthday parties and field trips. It's perfect for your little ones to enjoy gymnastics with equipment just their size.

More information on website.

About our staff

- National & International rated coaches & Judges.
- USAG Members.
- National Safety certified by USAG Gymnastics.
- First Aid and CPR certified.
- All employees undergo a background check.
- Each coach is required to annually attend educational classes and seminars.



Contact Information

Powerhouse Gymnastics Training Center

7707 West Loop 1604 N
San Antonio, TX 78254

Office: (210) 767-9654

Email: frontdesk@phtnt.com

Website:
powerhousetntgymnastics.com

Download the App!



OPEN GYMS

Non-Members Welcome
Tumble Bear Open Gym*
Girls & Boys Ages 5 & under
Mondays & Fridays
11:30am-12:30pm \$15

Fun Friday Open Gym - Parents Night Out*
Boys & Girls Ages 4-13 years
Select Fridays, 6:30pm-9:30pm
\$35 per child, includes dinner

Tumbling Clinic*
Boys & Girls Ages 6 & up
Select Saturdays, 2:00-4:00pm
\$50 per child per event

Sign up online for all Events.
Ask about our Loyalty cards!

*Check Event Calendar for schedule.
Must sign up online to guarantee spot.

Birthdays are FLIPtastic!

- Gift & Medal for the Birthday Child & Ribbons for each child
- 80 Minutes of Gym Activity—Age Appropriate Activities & Games
- Trampolines, Foam Pit, Obstacle Course & More
- 40 Minutes in the Private Party room
- Up to 25 children at the party
- Enthusiastic Staff & Clean Up Crew-Yeah!

More info online or contact the front desk at 210.767.9654



General Information

August 2024-July 2025

USA
Gymnastics



POWERHOUSE
GYMNASTICS TRAINING CENTER

N.I.S.D. Sponsor. Not a daycare.