

GYMNASTICS SCHEDULE



Gymnastics Registration:

Fall Session (September 11th - October 28th)

Registration begins:

Online: Tuesday, August 22nd from 8:00 a.m.-5:00 p.m.

In Person: Tuesday, August 22nd from 5:30-9:00 p.m.

Mini Session (November-December)

Mondays November 13th-December 11th

Tuesdays November 14th-December 19th (no class Dec. 5th)

Registration begins:

Online: Wednesday, November 1st from 8:00 a.m.-5:00 p.m.

In Person: Wednesday, November 1st from 5:30-10:00 p.m.

Tiny Tots: (Age 3) and

Tiny Tumblers: (Ages 4-5)

Designed to acquaint young children with the basic skills of gymnastics. Appropriate for children with little or no gymnastics experience. Class focus is to develop strength, coordination and self confidence. The 3 year old age group will focus on motor skills development.

Mondays 6:15-6:55 p.m.

Member \$50/Non-member \$62

Saturdays 9:00-9:40 a.m.

Member \$50/Non-member \$62

Beginners I Gymnastics (Ages 6 & up)

Designed for boys and girls with little or no gymnastics experience. Includes exposure to apparatus as well as focus on skills, strength, coordination and flexibility.

Mondays 7:00-8:00 p.m.

Member \$55/Non-member \$67

Saturdays 9:45-10:45 a.m.

Member \$55/Non-member \$67

Beginners II Gymnastics

Designed for students who have passed Beginners I Gymnastics or have prior gymnastics experience. Continuation of basic skills as well as development of strength, flexibility and coordination.

Tuesdays 6:15-7:15 p.m.

Member \$55/Non-member \$67

Saturdays 10:45-11:45 a.m.

Member \$55/Non-member \$67

Open Gymnastics

This is a great way for your child to get more time to work on that special skill that they have been trying to master. Open Gymnastics is not set up as an organized class, but is fully supervised. Parent must sign a waiver before child is able to participate in Open Gymnastics. **No pre-registration required.**

When: Saturdays, September 17th-October 29th from 1:00-3:00 p.m.

Cost: \$6 (Ages 3 and up) (Ages 3 years to 10 years must be accompanied by parent/guardian. No charge for parents)

Intermediate I Gymnastics

Designed for students who have passed Beginners II Gymnastics or are familiar with the following skills: **Floor-R & L** cartwheel, handstand hold, back bend & stand up and front-over. **Beam-**forward roll, tuck jump and scale. **Bars-**pullover, cast back hip circle, swing with re-grasp. **Vault-**squat on. Class will continue to focus on skill development, muscle strength, flexibility and self confidence.

Tuesdays 6:15-7:15 p.m.

Member \$55/Non-member \$67

Intermediate II Gymnastics

Designed for students who have passed all levels of Beginners and Intermediate I Gymnastics, or who are able to PERFORM the skills listed above for Intermediate I Gymnastics. Class will focus on higher level gymnastics skills and will serve as preparation for advanced-level gymnastics. This is not an appropriate class for students who have not attended formal gymnastics classes.

Mondays 7:15-8:15 p.m.

Member \$55/Non-member \$67

Advanced Gymnastics

Designed for students who have PASSED all levels of Beginners and Intermediate Gymnastics, or who are able to PERFORM the following skills: **Floor-**front over, backbend-kick over, round-off dismount, all jumps/leaps. **Beam-**cartwheel on low bean, round-off dismount. **Bars-**pull-over connected to back hip circle, pop-up. Vault-handspring. Preparation for team level gymnastics.

Tuesdays 7:15-8:30 p.m.

Member \$72/Non-member \$84

Advanced Intensive

Designed for students who have PASSED all levels of Beginners, Intermediate and Advanced Gymnastics. It will be held twice a week and have a more focused approach on the fundamentals of gymnastics. The class is intended for gymnasts who want to learn the basics of competition style gymnastics. Classes will concentrate on tumbling and dance connections, routine requirements and essential gymnastic drills.

Tues. 7:15-8:30 p.m. and Sat. 10:45 a.m.-12:00 p.m.

Member \$97/Non-member \$109