

# YOUTH gymnastics

## Fall Session - Sep. 9th-Oct. 26th

### 2019 Fall Session Registration Dates

Registration opening dates, in person and online @ [southstpaul.org](http://southstpaul.org)

**CSCC Members (Family or single accepted)** Mon., Aug. 19th from 8 am-9 pm  
**South St. Paul Residents Only** Tues., Aug. 20th from 8 am-9 pm  
**Open Registration** Wed., Aug. 21st starting at 8 am



### **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 pm** Sep. 9th-Oct. 21st  
**Saturdays 9:00-9:40 am** Sep. 14th-Oct. 26th  
Member \$50/Non-member \$65

### **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 pm** Sep. 9th-Oct. 21st  
**Saturdays 9:45-10:45 am** Sep. 14th-Oct. 26th  
Member \$55/Non-member \$70

### **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 pm** Sep. 10th-Oct. 22nd  
**Saturdays 10:45-11:45 am** Sep. 14th-Oct. 26th  
Member \$55/Non-member \$70

### **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**-pull-over, 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 pm** Sep. 10th-Oct. 22nd  
Member \$55/Non-member \$70

### **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 pm** Sep. 9th-Oct. 21st  
Member \$55/Non-member \$70

### **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, roundoff dismount. **Bars**-pull-over connected to back hip circle, pop-up. Vault-handspring. Preparation for team level gymnastics.

**Tuesdays 7:15-8:30 pm** Sep. 10th-Oct. 22nd  
Member \$72/Non-member \$87

### **Advanced Intensive**

Designed for students who have PASSED all levels of Beginners, Intermediate and Advanced Gymnastics. It's held twice a week and as 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.

**Tuesdays 7:15-8:30 pm & Saturdays 10:45 am-12 pm**  
Sep. 10th-Oct. 26th Member \$97/Non-member \$109



### 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. Saturdays 1-3 pm Sep. 14th-Oct. 26th**

**\$6 (Ages 3 and up)**

*(Ages 3 years to 10 years must be accompanied by parent/guardian. No charge for parents)*

## Mini Session - Nov. 11th-Dec. 10th



### Mini Session Classes

#### ***Tiny Tots: (Age 3) and Tiny Tumblers: (Ages 4-5)***

**Mondays 6:15-6:55 pm** Nov. 11th-Dec. 2nd  
Member \$50/Non-member \$65

#### ***Beginners I Gymnastics (Ages 6 & up)***

**Mondays 7:00-8:00 pm** Nov. 11th-Dec. 2nd  
Member \$55/Non-member \$70

#### ***Beginners II Gymnastics***

**Tuesdays 6:15-7:15 pm** Nov. 12th-Dec. 3rd  
Member \$55/Non-member \$70

#### ***Intermediate I Gymnastics***

**Tuesdays 6:15-7:15 pm** Nov. 12th-Dec. 3rd  
Member \$55/Non-member \$70

#### ***Intermediate II Gymnastics***

**Mondays 7:15-8:15 pm** Nov. 11th-Dec. 2nd  
Member \$55/Non-member \$70

#### ***Advanced Gymnastics***

**Tuesdays 7:15-8:30 pm** Nov. 12th-Dec. 3rd  
Member \$72/Non-member \$87

### 2019 Mini Session Registration Dates

**Registration opening dates, in person and online @ [southstpaul.org](http://southstpaul.org)**

#### **CSCC Members (Family or single accepted)**

Mon., Oct. 28th from 8 am-9 pm

#### **South St. Paul Residents Only**

Tues., Oct. 29th from 8 am-9 pm

#### **Open registration**

Wed., Oct. 30th starting at 8 am

