

Sports & Rec: Gymnastics

Tumbling Tots *coed/walking-24 months:* A parent-assisted class for children not ready to be on their own. Children will work on various movement skills and begin to work on taking turns and following directions. This class prepares children for On My Own. 40-minutes, once a week.

Level I: Mondays, 9:50 am (coed ages walking - 24 months)

Level II: Mondays, 10:45 am (coed ages 2 - 3 1/2)

MEM: \$81 PRO: \$115



On My Own *coed ages 2-3:* Class for 2+ year-olds who are ready to do classes on their own. The same age-appropriate goals as Pre-Gym including taking turns, following instructions, building balance, flexibility and confidence all while having fun. Children participate in these classes alone. 30-minutes, once a week. *Child must have taken Tumbling Tots and have Coach's approval prior to registration.*

Mondays, 11:45 am • Tuesdays, 10:45 am

Thursdays, 10:45 am

MEM: \$71 PRO: \$103



Pre-Gym *coed ages 3-4:* Children learn basic motor skills, hand-eye coordination and body awareness. Children will work on all events including vault, bars, beam, and floor. Class is 40-minutes, once a week.

Tuesdays, 11:30 am • Thursdays, 6:00 pm

MEM: \$81 PRO: \$115



Gym & Swim *coed ages 3-5:* Classes consist of 40 minutes of gymnastics and 1/2 hour of pike/eel instruction and free swim. Classes meet in the gym. Children should come dressed in their bathing suits. 75-minutes, once a week.

Tuesdays, 4:45 pm

Thursdays, 4:45 pm

MEM: \$120 PRO: \$160



Gym & Dance *girls ages 3-6:* A combo of 40 minutes of gymnastics and 40 minutes of ballet/jazz/modern dance.

Ages 3-4: Mondays, 3:30 pm

Ages 5-6: Thursdays, 3:30 pm

MEM: \$120 PRO: \$160



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Fall Session Dates

Session 1: August 16 - September 23

No class on Monday, Sept 6. Make up on Friday, Sept 10
Registration begins July 19

Session 2: September 27 - November 4

Registration begins August 30

Session 3: November 8 - December 16

Registration begins October 11

Progressive Gymnastics *ages 5-13:*

Beginner - Children will be learning forward/backward rolls, handstands, bridges, cartwheels, and pullovers (bars). These are basic skills needed to learn more advanced skills on all events.

Mondays, 5:00 pm (coed ages 5-9)

Thursdays, 5:00 pm (coed ages 5-9)

6:15 pm (coed ages 8-12)

MEM: \$103 PRO: \$144



Intermediate - Children must have coach approval to be placed in an intermediate class. Children must have taken at least one year of gymnastics and be able to do forward/backward rolls, handstands, bridges, cartwheels, pullovers (bars), and squat-overs (vault) alone or with a light spot. Participants must be pre-approved to register. Please call about placement.

Mondays, 5:00 pm (coed ages 5-9)

MEM: \$103 PRO: \$144

