

# Sports & Rec: Gymnastics & Dance

## Preschool & Youth Gymnastics

Gymnastics is a great way to not only improve flexibility and balance, but to increase body awareness and self-discipline. We offer classes that focus on tumbling, jumps, and stunts for beginning to advanced gymnasts.

MEM: \$26 PRO: \$46  
Early Bird Special \$20 if registered  
one month before the session begins.



**Kinder Gym ages 3-5:** This class helps with coordination, strength, flexibility, balance, motor skills, and agility.

Saturdays, 10:00 – 10:45 am (Gymnasium)

**Beginner Gym ages 6-10:** This progressive program helps develop strength, endurance and various skills. Participants will focus on jumps, stunts, motions, and beginner tumbling.

Saturdays, 10:50 – 11:50 am (Gymnasium)

**Tumbling Class ages 10-16:** This class develops basic to advanced tumbling skills.

Saturdays, 12:00 – 1:00 pm (Gymnasium)



## Dance Session Dates

Session: May 8 - 29 register by April 30

Session: June 5 - 26 register by May 31

Session: July 10 - 31 register by July 3

Session: Aug 7 - 28 register by Aug 1

Session: Sept 4 - 25 register by Aug 28

## Dance

Dance has proven to instill life-long qualities such as confidence, poise, and discipline.

MEM: \$26 PRO: \$46  
Early Bird Special \$20 if registered  
one month before the session begins.



**Courageous Catepillars: Pre-Ballet/Tap ages 4-6:** This introductory class combines 30 minutes of ballet with 30 minutes of tap technique.

Saturdays, 11:00 – 12:00 pm (Studio)

**Blossoming Butterflies: Ballet I/Tap ages 7-9:** This class blends formal ballet technique with the rhythmic movement of tap.

Saturdays, 12:10 – 1:10 pm (Studio)

**Prima Ballerinas: Ballet II/Tap ages 10-13:** This class offers advanced ballet technique with the rhythmic movement of tap.

Saturdays, 1:20 – 2:20 pm (Studio)

**Swagger Crew: Jazz/Hip-Hop ages 14-16:** This class is where technique meets style.

Saturdays, 2:30 – 3:30 pm (Studio)