

YOUTH SPORTS

PRESCHOOL & YOUTH GYMNASTICS

Class size limited, so register soon!

FEE: Members, \$20 Non-Members, \$40

PROPER GYM ATTIRE REQUIRED.

PARENTS CAN OBSERVE THE FIRST AND LAST CLASS ONLY.

Tiny Tot Gym: 18 months-3 years old

Adult participation is required with this class. The tots are encouraged to climb, crawl and jump. They will work through an obstacle course and participate in group games. They have the opportunity to socialize with other children, learn to share and follow directions.

Mini-Gym: 3-4 years old

Within our circuit stations we will work on basic skills such as rolling, swinging, jumping, balancing and hand-eye coordination. Body positions will be taught and instilled through repetition. The learning of proper gymnastics terminology is important at this time. Our social skills are still developing.

JR/Kinder Gym: 4-6 years old

Circuit training will reinforce basic skills, body positions, eye-hand coordination, locomotive skills. Partner activities, relays and group games with multiple tasks. Work on progression that leads to challenging skills. Social skills are still of high importance.

Beginner Tumblers: 6-11 years old

This class is for beginning tumblers that wish to develop tumbling skills, along with strength and flexibility. We will continue to acquire the skills through progressions and circuit training.

Intermediate Tumblers: 6-13 years old

This class is for students able to do basic tumbling skills such as cartwheels, handstands, front & back rolls. Must complete Beginner Tumblers or be recommended by gymnastics instructor.

Advanced Tumblers: 6-13 years old

This class is for students that wish to develop higher tumbling skills with strength & flexibility. Must be able to do a back walkover by yourself to enter class. Class will include skills such as standing back handsprings and running tumbling.


Back Handspring Classes: 6 years & up

This class is for students wishing to concentrate on learning the standing back handspring with proper technique, strength and flexibility. We will develop the back handsprings through drills and circuit training.

Cheerleading: 6-9 years old

Teaches young girls the proper techniques, placements, cheer motions, jumps and chants along with a sideline dance.

**All classes held in the Tumble Room (119)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:45-10:30 a.m.		TINY TOT 07G1-03360-02 (12)	RSC 07G1-03366-01 (11)		JR/KINDER GYM 07G1-03362-03 (13)	JR/KINDER GYM 07G1-03362-04 (14)
10:45-11:30 a.m.		MINI GYM 07G1-03361-02 (12)	TINY TOT 07G1-03360-03 (13)		TINY TOT 07G1-03360-05 (15)	BEGINNER TUMBLERS 07G1-03363-03 (13)
11:45 am-12:30 p.m.			MINI GYM 07G1-03361-03 (13)		MINI GYM 07G1-03361-05 (15)	CHEERLEADING 07G1-03357-01 (11)
4:45-5:30 p.m.	TINY TOT 07G1-03360-01 (11)	JR/KINDER GYM 07G1-03362-01 (11)	BEGINNER TUMBLERS 07G1-03363-02 (12)	MINI GYM 07G1-03361-04 (14)		
5:45-6:30 p.m.	MINI GYM 07G1-03361-01 (11)	INTERMEDIATE TUMBLERS 6-13 07G1-03364-01 (11)	ADVANCED TUMBLERS 6-13 07G1-03365-01 (11)	TINY TOT 07G1-03360-04 (14)		
6:45-7:30 p.m.	BEGINNER TUMBLERS 6-13 07G1-03363-01 (11)	BACK HANDSPRING 07G1-03358-01 (11)	INTERMEDIATE TUMBLERS 6-13 07G1-03364-02 (12)	JR/KINDER GYM 07G1-03362-02 (12)		

Instructors: Keena Mosely, Becky Edwards, Erin Litzenberg, Cheri McGuire, Lee Sutton-Ramspeck and Darcey Schneider