

# Youth Gymnastics

## YOUTH GYMNASTICS SCHEDULE

<p><b>Class</b></p> <p>Our gymnastics program teaches children basic motor skills and tumbling elements. Children may be exposed to balance beam, uneven bars, vault, trampoline, and floor exercises. Children should wear sweatpants or shorts to be comfortable during class. Barefoot or dance slippers are preferred. No sock feet please. Register early to reserve your spot.</p> <p><b>All Locations: JCCC</b></p>	<p><b>Day/Time</b></p>	<p><b>Session I Mondays</b> 9/13-10/25 (No class 10/11) <b>Tuesdays</b> 9/14-10/19</p>	<p><b>Session II Mondays</b> 11/8-12/20 <b>Tuesdays</b> 11/9-12/21 <b>(No class will be held the week of 11/22-11/26)</b></p>	<p><b>Session III Mondays</b> 1/24-3/7 (No class 2/14) <b>Tuesdays</b> 1/25-3/1</p>	<p><b>Session IV Mondays</b> 3/21-4/25 <b>Tuesdays</b> 3/22-4/26</p>
<p><b>Tumbling Into 2s</b></p> <p>Bring an adult buddy to help you improve coordination &amp; balance on our gymnastics mats &amp; equipment. Go through an obstacle course using large motor skills, swing on the bars, and improve balancing skills on the beam. Each class begins with movement exercises and ends with parachute games. <i>Wear loose fitting clothing, and be prepared to go barefoot.</i></p> <p><b>Fee: \$35.00 per session</b></p>	Mon 10:00-10:30 a.m.	14003.01	14003.02	14003.03	14003.04
	Tues 10:00-10:30 a.m.	14013.01	14013.02	14013.03	14013.04
	Mon 5:35-6:05 p.m.	14023.01	14023.02	14023.03	14023.04
<p><b>Beginner 2-3 Year Olds</b></p> <p>For those tots who are ready to explore the world of gymnastics on their own. This class teaches skills in a fun, creative environment while enhancing socialization &amp; independence.</p> <p><b>Ages: 2-3 &amp; parent or guardian</b> <b>Fee: \$35.00 per session</b></p>	Mon 10:40-11:10 a.m.	24003.01	24003.02	24003.03	24003.04
	Tues 5:35-6:05 p.m.	24013.01	24013.02	24013.03	24013.04
	Tues 10:40-11:10 a.m.	24023.01	24023.02	24023.03	24023.04
<p><b>Beginner 3-4 Year Olds</b></p> <p>3-4 year olds are recommended to have completed one session of the 2-3 Year Old Class and must be independent and have good listening skills. Parent interaction may be required. Age appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility.</p> <p><b>Fee: \$54.00 per session.</b></p>	Mon 11:15 a.m.-12:00 p.m.	34003.01	34003.02	34003.03	34003.04
	Mon 6:10-6:55 p.m.	34013.01	34013.02	34013.03	34013.04
	Tues 11:15 a.m.-12:00 p.m.	34024.01	34024.02	34024.03	34024.04
	Tues 6:10-6:55 p.m.	34033.01	34033.02	34033.03	34033.04
<p><b>Beginner 4-6 Year Olds</b></p> <p>The fundamentals of gymnastics are taught on each event-vault, uneven bars, balance beam and floor exercise. This class is a great starting point for those considering gymnastics or needing to review and master some basic skills.</p> <p><b>Fee: \$54.00 per session</b></p>	Mon 12:10-1:10 p.m.	44003.01	44003.02	44003.03	44003.04
	Mon 4:30-5:30 p.m.	44013.01	44013.02	44013.03	44013.04
	Tues 12:10-1:10 p.m.	44023.01	44023.02	44023.03	44023.04
	Tues 4:30-5:30 p.m.	44033.01	44033.02	44033.03	44033.04
<p><b>Beginner 7-12 Year Olds</b></p> <p>The fundamentals of gymnastics are taught on each event-vault, uneven bars, balance beam and floor exercise. This class is a great starting point for those considering gymnastics or needing to review and master some basic skills.</p> <p><b>Fee: \$54.00 per session</b></p>	Mon 6:45-7:45 p.m.	44043.01	44043.02	44043.03	44043.04
<p><b>Intermediate 5-8</b></p> <p>This is a more advanced level of gymnastics which will promote further skill development. Participants will begin working skills such as back handsprings on floor, back walkovers on beam, fly-aways on bars, and front handsprings on vault, as well as various combinations of skills. Children will be divided into groups depending on age and skill level.</p> <p><b>Ages: 5-8</b> <b>Fee: \$54.00 per session</b></p>	Tues 7:00-8:00 p.m.	44053.01	44053.02	44053.03	44053.04