

# GYMNASTICS

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The Parks & Recreation Department continues to offer a comprehensive gymnastics program to guide children in their development of gymnastics skills, as well as self-esteem, independence, and character building, while having fun and unique experiences in a healthy atmosphere. All classes will be taught at the Memorial Hall Gym, 9th & Ash Streets (please use the NW door), under the direction of Gymnastics Supervisor, Sheena Torres. Class limit is 8 for preschool, 7 for all others. A minimum of 4 gymnasts is required to hold a class or another time will be offered. **Class sizes will be strictly enforced.** Gymnastics staff reserve the right to move students to a different class based upon their skill level. You may be asked to show a receipt to the coach or instructor on the first day of class if you're not listed on the class roster. There is a week between sessions if the need arises for a make-up class. Participants may bring a water bottle. No jean shorts please. The gym will be closed on Veteran's Day (observed holiday) and Thanksgiving. Make-up classes will be scheduled.

Our preschool program - Mini Stars (18 mos.—2 yr. olds) and Stars (3 & 4 yr. olds) - meets once a week for five weeks. The objective for our preschoolers is to develop self-awareness of how their bodies work while maintaining a fun and relaxing atmosphere. Each week we will focus on a new skill. The end of the session will be a culmination of all the skills that were learned throughout the previous weeks. If your child is not ready to be on the floor alone, they need to be in the Mini Stars class. All spectators must stay completely off the gym floor.

| Session I: September 8 - October 11 (5 wks.)   |                |                 |                | Session II: October 20 - November 22 (5 wks.)   |                |                 |  |
|--|----------------|-----------------|----------------|---|----------------|-----------------|--|
| <b>Mini Stars</b> - 18 mos.—2 year olds<br>Must have a parent on the floor<br>No other siblings allowed  |                |                 |                | <b>Mini Stars</b> - 18 mos.—2 year olds<br>Must have a parent on the floor<br>No other siblings allowed |                |                 |  |
| Monday   | 4:30-5:00 pm   | <b>3003.101</b> | <b>\$10.00</b> | Monday  | 4:30-5:00 pm   | <b>3003.201</b> |  |
| Thursday   | 4:30-5:00 pm   | <b>3003.102</b> | <b>\$10.00</b> | Thursday  | 4:30-5:00 pm   | <b>3003.202</b> |  |
| Saturday   | 9:00-9:30 am   | <b>3003.103</b> | <b>\$10.00</b> | Saturday  | 9:00-9:30 am   | <b>3003.203</b> |  |
| <b>Stars</b> - 3 & 4 year olds<br>or turns of age during that session  |                |                 |                | <b>Stars</b> - 3 & 4 year olds<br>or turns of age during that session                                   |                |                 |  |
| Monday   | 5:10-5:50 pm   | <b>3103.101</b> | <b>\$15.00</b> | Monday  | 5:10-5:50 pm   | <b>3103.201</b> |  |
| Thursday   | 5:10-5:50 pm   | <b>3103.102</b> | <b>\$15.00</b> | Thursday  | 5:10-5:50 pm   | <b>3103.202</b> |  |
| Saturday   | 9:40-10:20 am  | <b>3103.103</b> | <b>\$15.00</b> | Saturday  | 9:40-10:20 am  | <b>3103.203</b> |  |
| <b>All—Stars</b><br>Boys & girls ages 5 & 6 years old  |                |                 |                | <b>All—Stars</b><br>Boys & girls ages 5 & 6 years old   |                |                 |  |
| Monday   | 6:00—6:50 pm   | <b>3203.101</b> | <b>\$20.00</b> | Monday  | 6:00—6:50 pm   | <b>3203.201</b> |  |
| Thursday   | 6:00—6:50 pm   | <b>3203.102</b> | <b>\$20.00</b> | Thursday  | 6:00—6:50 pm   | <b>3203.202</b> |  |
| Saturday   | 10:30-11:20 am | <b>3203.103</b> | <b>\$20.00</b> | Saturday  | 10:30-11:20 am | <b>3203.203</b> |  |
| <b>Pre-Elites</b><br>Boys & girls ages 7 & up  |                |                 |                | <b>Pre-Elites</b><br>Boys & girls ages 7 & up   |                |                 |  |
| Monday   | 5:30-6:30 pm   | <b>3303.101</b> | <b>\$25.00</b> | Monday  | 5:30-6:30 pm   | <b>3303.201</b> |  |
| Thursday   | 5:30-6:30 pm   | <b>3303.102</b> | <b>\$25.00</b> | Thursday  | 5:30-6:30 pm   | <b>3303.202</b> |  |
| Saturday   | 9:00-10:00 am  | <b>3303.103</b> | <b>\$25.00</b> | Saturday  | 9:00-10:00 am  | <b>3303.203</b> |  |
| <b>Elites</b><br>Boys & girls ages 7 & up  |                |                 |                | <b>Elites</b><br>Boys & girls ages 7 & up   |                |                 |  |
| Monday   | 6:30-8:00 pm   | <b>3703.101</b> | <b>\$25.00</b> | Monday  | 6:30-8:00 pm   | <b>3703.201</b> |  |
| Thursday   | 6:30-8:00 pm   | <b>3703.102</b> | <b>\$25.00</b> | Thursday  | 6:30-8:00 pm   | <b>3703.202</b> |  |
| Saturday   | 10:00-11:30 am | <b>3703.103</b> | <b>\$25.00</b> | Saturday  | 10:00-11:30 am | <b>3703.203</b> |  |
| <b>Cheernastics Class</b><br>This class is for tumbling only and is open to anyone who wants to learn tumbling skills. Two different class levels are offered. To be in the Advanced Class you must know how to do a back handspring. Minimum of 4 required to hold a class.<br><u>Beginners</u> - Saturday, 12:00-1:00 pm <u>Advanced</u> - Saturday, 1:00-2:30 pm<br>Sess. 1 <b>3803.101</b> /Sess. 2 <b>3803.201</b> Fee: <b>\$20.00</b> Sess. 1 <b>3803.102</b> /Sess. 2 <b>3803.202</b> Fee: <b>\$25.00</b> |                |                 |                |   |                |                 |  |