

Gymnastics

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. There must be at least 4 gymnasts to hold a class or another time will be offered. Class limit is 8 for preschool, 7 for all others. 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. Fees are for one class per week; additional class times may be taken with payment of additional fees. 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.

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: March 9 - April 17 (5 wks.)				Session II: April 27 - May 23 (5 wks.)			
Mini Stars - 18 months - 2 year olds Must be accompanied by an adult No other siblings allowed				Mini Stars - 18 months - 2 year olds Must be accompanied by an adult No other siblings allowed			
Monday	4:30-5:00 pm	3001.101	\$10.00	Monday	4:30-5:00 pm	3001.201	
Thursday	4:30-5:00 pm	3001.102	\$10.00	Thursday	4:30-5:00 pm	3001.202	
Saturday	9:00-9:30 am	3001.103	\$10.00	Saturday	9:00-9:30 am	3001.203	
Little Stars - 3-4 year olds or turns of age during that session				Little Stars - 3-4 year olds or turns of age during that session			
Monday	5:10-5:50 pm	3101.101	\$15.00	Monday	5:10-5:50 pm	3101.201	
Thursday	5:10-5:50 pm	3101.102	\$15.00	Thursday	5:10-5:50 pm	3101.202	
Saturday	9:40-10:20 am	3101.103	\$15.00	Saturday	9:40-10:20 am	3101.203	
All Stars Boys & girls ages 5-6 year olds				All Stars Boys & girls ages 5-6 year olds			
Monday	6:00-6:50 pm	3201.101	\$20.00	Monday	6:00-6:50 pm	3201.201	
Thursday	6:00-6:50 pm	3201.102	\$20.00	Thursday	6:00-6:50 pm	3201.202	
Saturday	10:30-11:20 am	3201.103	\$20.00	Saturday	10:30-11:20 am	3201.203	
Pre-Elites Boys & girls ages 7 & up				Pre-Elites Boys & girls ages 7 & up			
Monday	5:30-6:30 pm	3301.101	\$25.00	Monday	5:30-6:30 pm	3301.201	
Thursday	7:00-8:00 pm	3301.102	\$25.00	Thursday	7:00-8:00 pm	3301.202	
Saturday	9:00-10:00 am	3301.103	\$25.00	Saturday	9:00-10:00 am	3301.203	
Elites Boys & girls 7 & up				Elites Boys & girls 7 & up			
Monday	6:30-8:00	3401.101	\$25.00	Monday	6:30-8:00	3401.201	
Saturday	10:00-11:30	3401.102	\$25.00	Saturday	10:00-11:30	3401.202	

Cheernastics Class

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.

Beginners - Saturday, 1:00-2:00 pm

Sess. 1 **3801.101**/Sess. 2 **3801.201** **Fee: \$20.00**

Advanced - Saturday, 2:00-3:30 pm

Sess. 1 **3801.102**/Sess. 2 **3801.202** **Fee: \$25.00**

Technique I, Technique II, Pre X-Treme Team are classes offered to girls that have permission from their coach. These classes are precursors to our X-Treme Competitive Team. Technique I and Technique II meet twice a week for one hour each and Pre X-Treme Team meets twice a week for an hour and a half. For information on X-Treme Teams call Sheena at 826-7447.