



Gymnastics Center

0052 Lundgren Blvd.
777-8888, www.wecmrd.org

Fall Schedule 2010

September 7th – October 22nd (7 weeks)
October 25th – December 17th (7 weeks)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00	Tumble Tots	Leap Frogs	Tumble Tots	Leap Frogs	Leap Frogs
11:00	Leap Frogs	Tumble Tots	Leap Frogs	Tumble Tots	Tumble Tots
1:00		Leap Frogs			Leap Frogs
2:00				Home School Class	
3:40	6- 9yr Beginner Leap Frogs Level II Level I	Level I Leap Frogs Boys Intermediate Level II	6-9 yr Beginner Leap Frogs Level II Level I	Level I Leap Frogs Boys intermediate Level II	6-9 yr Beginner
4:30	Open Age Beginner Leap Frogs Phoenix Team	Leap Frogs Level 1 Level III ***	Open Age Beginner Leap Frogs Phoenix Team	Level I Level III ***	Phoenix Team
5:30	Leap Frogs Level I	Adult Class Level II	Open Age Beginner Cheerleading	Big Air Class Level II	

Class Information: (Please see reverse for class descriptions)

- All Classes are 50 Minutes unless otherwise noted.
- There will be **NO CLASSES** the week of November 22nd for Thanksgiving.
- Registrations are taken at the Gypsum Recreation Center Front Desk or on-line at www.wecmrd.org

*** Participants who register for Level III Classes are signing up for two classes per week. Permission required.

<u>Cost:</u>	<u>Pre-school/Levels I/II/Boys</u>		<u>Phoenix Team (2x / Week)</u>		<u>Phoenix Team (3x / Week)</u>		<u>Level III</u>
Session #1 (7 Weeks)	\$77/Session	Non-Members	\$120/Month	Non-Members	\$150/Month	Non-Members	\$120.00/ Month Non-Members
	\$63/Session	Members	\$96/Month	Members	\$120/Month	Members	\$96/ Month Members
Session #2 (7 Weeks)	\$77/Session	Non-Members	\$120/Month	Non-Members	\$150/Month	Non-Members	\$120.00/ Month Non-Members
	\$63/Session	Members	\$96/Month	Members	\$120/Month	Members	\$96/ Month Members

Class Descriptions

Tumble Tots: Open play for children who are walking to the age of 5. Class teaches children coordination and strength. Parent participation required.

Leap Frogs: Teaches basic gymnastics on all of the events for kids ages 3-5. Children learn how to participate in a class setting and to interact with other students and teachers. Class structure includes: strength, coordination, and games.

Beginner Classes: These classes start at the age of 6. Class is for students who have no experience in gymnastics. They will learn the basics of all the gymnastics apparatus including: Rolls, headstands, cartwheels, body positions, backbends on an incline, and proper body alignment.

Level I: These classes are for those who have participated in some gymnastics already. These students will be working on: round offs, backbends, handstands, and kick-overs on an incline mat.

Level II: These classes are an intermediate level of gymnastics. The students will be working on walkovers on the floor, back handsprings, front handsprings, and cartwheels on a low beam.

Level III: Students who are not competing as of yet. They will be training for the U.S.A.G. team. gymnasts have to be asked by the coach to be on this team.

Phoenix Team: Competitive program - gymnasts have to be asked by the coach to be on this team.

Adult Classes: This class is for those who are 18+. All former gymnasts, or those just curious about the sport of gymnastics, are invited.

Big Air Classes: This class is designed for snowboarders and skiers. The class focus will be on floor and trampoline work, emphasizing on twisting and inverts that you can incorporate on the mountain. Participants must be 13 years or older.

Home School Classes: This class is designed for home school children. Participants will have the chance to interact with each other while learning in a group environment.

Tumbling for Cheerleading: Teaches skills for high school cheerleading. This class is for boys and girls ages 13 to 18.