



WECMRD GYMNASTICS CENTER

WECMRD Field House
 0450 Miller Ranch Road
 Edwards, Colorado 81632
 970-766-5555

Fall Schedule 2010

Session #1: Sept 7 – Oct 22

Session #2: Oct 25 – Dec 17

www.wecmr.org/WFH/Gymnastics

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Tumble Tots	Leap Frogs	Tumble Tots	Leap Frogs	Leap Frogs
11:00	Leap Frogs	Tumble Tots	Leap Frogs	Tumble Tots	Tumble Tots
3:40	6-9 Beginner Level II	Leap Frogs Level I	6-9 Beginner Level II	Leap Frogs Level I	Leap Frogs Beginner
4:30	Level III (PreTeam)	WECMRD Phoenix	Level III (PreTeam)	WECMRD Phoenix	WECMRD Phoenix
4:30	Beginner	Level II	Leap Frogs	Level I	
5:30	Leap Frogs Level I	Level I Adult Gymnastics	Beginner	Big Air	

Fees:	General Gymnastics Classes	Level III (2x/ week)	WECMRD Phoenix (2x/ week)	WECMRD Phoenix (3x/ week)
Member	\$63/ 7 Week Session	\$ 96 / Month	\$ 96 / Month	\$120 / Month
Non-Member	\$77 / 7 Week Session	\$120 / Month	\$120 / Month	\$150 / Month

Important Information: *(Please see reverse for class descriptions)*

- All General Gymnastics Classes are 50 Minutes in length.
- All Monthly Gymnastics Classes are 120 Minutes in length.
- Registrations are taken at the WECMRD Field House Front Desk or on-line at: <http://activenet11.active.com/wecmr>
- Participants who register for Level III and WECMRD Phoenix Classes register by the month. Monthly fees are not pro-rated and the full monthly fee applies regardless of enrollment date.
- There will be **NO CLASSES** the week of November 22nd for Thanksgiving.

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.

Boys Intermediate: Boys who have passed out of level 1, and have there basic swings down on rings, pommel horse, high bar, and parallel bars.

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. Coach's permission required.

Phoenix Team: Competitive program. Coach's permission required.

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.

High School Cheer: Teaches skills for high school cheerleading. This class is for boys and girls ages 13 to 18.

