

**VAULTING INTO NEW CHALLENGES
GYMNASTICS & TEAM TRAINING**

PROGRESSIVE GYMNASTICS

Girls Progressive Gymnastics

Learn progressive gymnastics skills on each individual apparatus, including balance beam, uneven bars, floor exercise, and vault (Instructor/Child Ratio 1:7). All lead instructors are USA Gymnastics Safety Certified and trained in Infant Child CPR.

ROLLERS (No Gymnastics Experience)
Ages 5-8 Mon: 3:30-4:30 pm

SWINGERS (Must Have Gymnastics Experience) Must be able to perform forward roll and backward roll on the floor
Ages 5-6 Wed: 5:00-6:00 pm
Ages 7-up Wed: 6:00-7:00 pm

KIPPERS (Must Have Gymnastics Experience) Must be able to perform bridge, cartwheel, handstand on the floor
Ages 5-6 Fri: 3:30-4:30 pm
Ages 7-9 Fri: 4:30-5:30 pm

FLYERS I & II (Must Have Gymnastics Experience) Must be able to perform bridge kickover, handstand to a bridge, handstand-forward roll on floor.
Ages 8 & Up Tues: 6:15-7:15 pm

Family: \$155; Youth: \$170; Non-Member: \$215

Boys Progressive Gymnastics

Introduction to the sport of men's gymnastics, including vault, bars, rings, and floor exercise. Develop strength and confidence useful to any sport.

TWISTERS Level 1 & Level 2
No Gymnastics Experience
Ages 5 & Up Friday: 3:30-4:30 pm

Family: \$155; Youth: \$170; Non-Member: \$215

GYMNASTICS OPEN WORKOUT! 7 & Up

Come and take part in our open workout program, it will be held once a month. You will have a chance to work on all four Olympic events, plus Tumble Trac, and Mini Trampoline. Gymnastics experience required.

Thursday - 6:30-7:30 pm
Feb. 16, March 22, April 26, May 24

\$20 per class or \$70.00 for all 4

ADULT GYMNASTICS OPEN WORKOUT

Ages 18 & up See page 36.

GYMNASTICS VACATION CAMPS

See page 16.

**CHEERBEARS – Ages: 4 – 8 and
YOGA BEARS**

Ages: 3 – 6 years – see page 24

TEAM GYMNASTIC DANCE TECHNIQUE STRENGTH TRAINING

Open to Gymnastic Team, Pre-Team & Talent Group Members only.
Friday: 4:30-5:30 pm

Family/Youth Members: \$65 per session

GYMNASTICS CLINIC

Ages 6 and up
June 4 – June 29

In depth coaching of all 4 Olympic events plus a focus on tumbling using the Tumbler Trak and mini trampoline. This clinic is excellent for current and future gymnastics team members.

Gymnastic experience necessary
Mon: 4:30-6:30 pm, Tues: 3:30-5:50pm & Thurs: 3:30-5:30pm

Family: \$210; Youth \$270; Non-Member: \$310



**PLAYING TOGETHER FOR BETTER HEALTH
YOUTH EXERCISE & SPORTS**

CHEERBEARS

Ages 4-8

The CheerBears Program, a nationally known program, includes cheers, chants, tumbling, pom routines, and stunting. This class is a great introduction for future cheerleaders!

Ages 4-8

Monday: 4:30 – 5:15 pm

Family: \$ 150; Youth: \$ 165; Non-Member: \$ 210

Is your child 12 or older? Please see Teen Fitness, page 29 for more fitness classes.

YOGA BEARS

Ages 3-6 years

The Yoga Bears creative approach to yoga can be very helpful for children whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

Kids will improve concentration and focus, stimulate their imagination and help to release energy in a fun, safe environment. Using interactive games and animated postures, kids learn about animals, nature and basic anatomy through yoga.

Ages: 3-5

Friday: 1:45 - 2:25 pm

Ages: 5-6

Tuesday: 3:30 – 4:15 pm

Family: \$ 150; Youth: \$ 165; Non-Member: \$ 210

PARENT CHILD/YOGA & CREATIVE MOVEMENT

Adult with child ages 5-10 years

Series of fun movements and games. An opportunity to stretch and learn poses while promoting strength and flexibility.

Thursdays: 5:00-6:00 pm at the Wainwright House

Family: \$ 80; Youth: \$ 100; Non-Member: \$ 150

Fee includes one parent and one child

TWEEN YOGA

Grades 5-7

This class will feature stretching postures, breathing techniques, meditation and cooperative yoga games that will promote health and well being.

Thursday: 4:00 – 5:00 pm

No registration necessary.

Free to Members; Non-Members: \$2.00 (drop-in fee)

BABY SPORTS

Age 2-3

This class will act as an introduction to sports in a free play setting. Parents are required to stay and play with their children as they explore the world of sports for the first time.

Tuesday: 9:30-10:15 am

Friday: 9:30-10:15 am

Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155

SPORTS SAMPLER

Age 3

This fun filled class is designed to introduce three year olds to the concept of sports while focusing on the basics of movement and motor skills. The activities will stimulate their minds and bodies.

Monday: 10:30-11:15 am

Tuesday: 10:45-11:30 am

Thursday: 10:45-11:30 am

Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155



ROOKIES

Age 4

This class focuses on the basic concepts needed for basketball, soccer, tee-ball, kickball and football. Participants learn to play together in a structured class setting with various obstacles and games. The class provides a foundation for children's growth and enjoyment in a variety of sports.

Monday: 9:30-10:15 am

Tuesday: 1:15-2:00 pm

Thursday: 1:15-2:00 pm

Family: \$ 105; Youth: \$ 120; Non-Member: \$ 155

ALL STARS

Ages 4-5

The class focuses on improving basic motor skills needed for an array of sports and games. Children learn the basics of basketball, soccer, tee-ball, football and kickball through different drills, obstacles and games.

Monday: 1:15-2:15 pm

Wednesday: 1:15-2:15 pm

Thursday: 9:30-10:30 am

Friday: 1:15-2:15 pm

Family: \$ 110; Youth: \$ 125; Non-Member: \$ 160