

# RECREATIONAL GYMNASTICS

## Head over Heels **Age 2-3**

This parent/child class is the perfect start to gaining gross motor skills in a positive social environment. Parents, come ready to be active.

## Tiny Tots **Ages 3-4**

Parents can join in on the fun, or watch from the observation area. In this class, we focus on coordination and balance, and familiarization with gymnastics. Parents, come ready to be active.

## Kindergym **Ages 4-5**

Classes provide opportunities to develop body awareness and confidence. Gymnasts will improve balance and coordination while exploring each event.

## Levels 1, 2, 3 and 4 **Ages 6-18**

Following the USAG skill levels, classes focus on improving skills on the floor, vault, beam, and bars.



## TWICE-a-Week Classes for 4 weeks

CLASSES	Monday/Wednesday	Tuesday/Thursday
<b>Sessions • Price • Time</b>	<b>Session 1:</b> June 17 - July 17 <b>Session 2:</b> July 22 - Aug. 14	<b>Session 1:</b> June 18 - July 18 <b>Session 2:</b> July 23 - Aug. 15
Kindergym (Ages 4-5) Session 1 & 2: \$89 • 50 Min	9:40 - 10:30 AM	9:40 - 10:30 AM
Level 1 (Ages 6-18) Session 1 & 2: \$95 • 60 Min	9:40 - 10:40 AM	9:40 - 10:40 AM
Level 2 (Ages 6-18) Session 1 & 2: \$95 • 60 Min	9:40 - 10:40 AM	9:40 - 10:40 AM
Level 3 (Ages 6-18) Session 1 & 2: \$110 • 90 Min	We will hold classes on Monday, June 17 and Tuesday, June 18. If your gymnast is still in school make-ups classes are available!	5:15 - 6:45 PM
Level 4 (Ages 6-18) Session 1 & 2: \$110 • 90 Min		5:15 - 6:45 PM

## INFORMATION

### Class Location:

310 Langton Hall (3rd floor), located on NW Jefferson Way, behind the Memorial Union.

### What to Wear:

Come ready to play with bare feet, clothing free of zippers and buttons, and long hair pulled back. Don't wear jewelry that could get caught. Parents on the floor, be ready to fully participate with your gymnast.



## NO CLASSES

July 1 - 5

Monday - Friday

## ONCE-a-Week Classes for 8 weeks

CLASSES	Monday June 17 - Aug. 12	Tuesday June 18- Aug. 13	Wednesdays June 19 - Aug. 14	Thursday June 20- Aug. 15	Friday June 21 - Aug. 16
Head Over Heels (Ages 2-3) \$69 • 35 Min		5:40 - 6:15 PM	9:40 - 10:15 AM		9:40 - 10:15 AM
Tiny Tots (Ages 3-4) \$72 • 40 Min		10:50 - 11:30 AM	6:20 - 7:00 PM	10:50 - 11:30 AM 5:40 - 6:20 PM	
Kindergym (Ages 4-5) \$89 • 50 Min	10:50 - 11:40 AM	10:40 - 11:30 AM 5:15 - 6:05 PM	10:50 - 11:40 AM	10:40 - 11:30 AM 5:15 - 6:05 PM	9:40 - 11:30 AM
Level 1 (Ages 6-18) \$95 • 60 Min	10:50 - 11:50 AM 5:15 - 6:15 PM	10:50 - 11:50 AM	10:50 - 11:50 AM 5:15 - 6:15 PM	10:50 - 11:50 AM	9:40 - 10:40 AM
Level 2 (Ages 6-18) \$95 • 60 Min	10:50 - 11:50 AM 5:15 - 6:15 PM	10:50 - 11:50 AM	10:50 - 11:50 AM 5:15 - 6:15 PM	10:50 - 11:50am	9:40 - 10:40 AM