

# GYMNASTICS SCHEDULE



## Junior Packer Gymnastics

### Winter Session January 16th - March 4th

*Mondays January 16th-February 27th*

*Tuesdays January 17th-February 28th*

*Saturdays January 21st-March 4th*

### Spring Session March 27th - May 13th

*Mondays March 27th-May 8th*

*Tuesdays March 28th-May 9th*

*Saturdays April 1st-May 13th*

## Class Levels

### ***Tiny Tots: (Age 3) and Tiny Tumblers: (Ages 4-5)***

Designed to acquaint young children with the basic skills of gymnastics. Appropriate for children with little or no gymnastics experience. Class focus is to develop strength, coordination and self confidence. The 3 year old age group will focus on motor skills development.

**Mondays 6:15-6:55 p.m.**

Member \$42/Non-member \$52

**Saturdays 9:00-9:40 a.m.**

Member \$42/Non-member \$52

### ***Beginners I Gymnastics (Ages 6 & up)***

Designed for boys and girls with little or no gymnastics experience. Includes exposure to apparatus as well as focus on skills, strength, coordination and flexibility.

**Mondays 7:00-8:00 p.m.**

Member \$47/Non-member \$57

**Saturdays 9:45-10:45 a.m.**

Member \$47/Non-member \$57

### ***Beginners II Gymnastics***

Designed for students who have passed Beginners I Gymnastics or have prior gymnastics experience. Continuation of basic skills as well as development of strength, flexibility and coordination.

**Tuesdays 6:15-7:15 p.m.**

Member \$47/Non-member \$57

**Saturdays 10:45-11:45 a.m.**

Member \$47/Non-member \$57

### ***Intermediate I Gymnastics***

Designed for students who have passed Beginners II Gymnastics or are familiar with the following skills: **Floor**-R & L cartwheel, handstand hold, back bend & stand up and front-over. **Beam**-forward roll, tuck jump and scale. **Bars**-pullover, cast back hip circle, swing with re-grasp. **Vault**-squat on. Class will continue to focus on skill development, muscle strength, flexibility and self confidence.

**Tuesdays 6:15-7:15 p.m.**

Member \$47/Non-member \$57

### ***Intermediate II Gymnastics***

Designed for students who have passed all levels of Beginners and Intermediate I Gymnastics, or who are able to PERFORM the skills listed above for Intermediate I Gymnastics. Class will focus on higher level gymnastics skills and will serve as preparation for advanced-level gymnastics. This is not an appropriate class for students who have not attended formal gymnastics classes.

**Mondays 7:15-8:15 p.m.**

Member \$47/Non-member \$57

### ***Advanced Gymnastics***

Designed for students who have PASSED all levels of Beginners and Intermediate Gymnastics, or who are able to PERFORM the following skills: **Floor**-front over, backbend-kick over, round-off dismount, all jumps/leaps. **Beam**-cartwheel on low beam, round-off dismount. **Bars**-pull-over connected to back hip circle, pop-up. **Vault**-handspring. Preparation for team level gymnastics.

**Tuesdays 7:15-8:30 p.m.**

Member \$72/Non-member \$82

### ***Advanced Intensive***

Designed for students who have PASSED all levels of Beginners, Intermediate and Advanced Gymnastics. It will be held twice a week and have a more focused approach on the fundamentals of gymnastics. The class is intended for gymnasts who want to learn the basics of competition style gymnastics. Classes will concentrate on tumbling and dance connections, routine requirements and essential gymnastic drills.

**Tues. 7:15-8:30 p.m. and Sat. 10:45-noon**

Member \$97/Non-member \$107



# Gymnastics Registration and Open Gym

## Gymnastics Registration

### **Winter Session (January 16th-March 4th)**

**In person:**

Wednesday, January 4th at 5:30 p.m.

**Online:**

Remaining spots will go online Thursday, January 5th at 8:00 a.m.  
**(Mail in registrations will NOT be accepted)**

### **Spring Session (March 27th-May 8th)**

**In person:**

Tuesday, March 7th at 5:30 p.m.

**Online:**

Remaining spots will go online Thursday, March 8th at 8:00 a.m.  
**(Mail in registrations will NOT be accepted)**

**Central Square Community Center is looking for staff with a gymnastics or dance background who love to work with children. The position is part time. For more information please visit [southstpaul.org](http://southstpaul.org).**



## Gymnastics Open Gym

This is a great way for your child to get extra time to work on that skill that they have been trying to master. Open Gymnastics is not set up as an organized class, but is fully supervised. Parent must sign a waiver before child is able to participate in Open Gymnastics.

Saturdays January 21st - March 4th 1:00-3:00 p.m. Fee: \$6