



Registration Dates

Gymnastics Registration Spring: Session 1 (March 26th - May 19th)

Registration begins:

In Person: CSCC Members (Family or single accepted)

Wednesday, March 7th from 7:30 a.m.-10:00 p.m.

In Person & Online: South St. Paul Residents Only

Thursday, March 8th from at 7:30 a.m.-10:00 p.m.

In Person & Online: Open registration

Friday, March 9th starting at 8:00 a.m.

**Please note-Saturday classes begin April 7th

Gymnastics Registration Summer:

Session 2 (June 11th - July 31st) (No classes July 2nd and 3rd)

Registration begins:

In Person: CSCC Members (Family or single accepted)

Wednesday, May 23rd from 7:30 a.m.-10:00 p.m.

In Person & Online: South St. Paul Residents Only

Thursday, May 24th from at 7:30 a.m.-10:00 p.m.

In Person & Online: Open registration

Friday, May 25th starting at 8:00 a.m.

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.

Saturdays 9:00-9:40 a.m. (Offered spring session only)

Member \$50/Non-member \$65

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.

Saturdays 9:45-10:45 a.m. (Offered spring session only)

Member \$55/Non-member \$70

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.

Saturdays 10:45-11:45 a.m. (Offered spring session only)

Member \$55/Non-member \$70

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 \$55/Non-member \$70

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 \$55/Non-member \$70

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 \$87

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.

Tuesdays 7:15-8:30 p.m. and Saturdays 10:45 a.m.-12:00 p.m.

(Offered spring session only)

Tuesdays 7:15-8:30 p.m. (Offered summer session only)

Member \$97/Non-member \$112 (Summer pricing \$72/\$87)

Open Gymnastics (Offered spring session only)

This is a great way for your child to get more time to work on that special 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. **No pre-registration required.**

When: Saturdays, April 7th-May 19th from 1:00-3:00 p.m.

Cost: \$6 (Ages 3 and up) (Ages 3 years to 10 years must be accompanied by parent/guardian. No charge for parents)