



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPECIALTY GYMNASTICS

**MAY 2012**

**Specialty Classes** -These classes offer you a slightly different opportunity that will be fun and rewarding on its own and is available to any level gymnast.

**For Boys Ages 6 & Up** - Learn acrobatic skills in a rigorous yet playful atmosphere. From flipping to negotiating obstacles you can improve your overall athleticism. This class will focus on functional strength, coordination, balance and explosive movement control.

Class	Day	Time	Coach	Online Search Code	Room
Power Movement	Tuesday	4:00-5:00 pm	Anthony	PWRMOVE	GYM
Power Movement	Thursday	4:00-5:00 pm	Anthony	PWRMOVE	GYM

Monthly Program Fees	Family Members	Student Members	Program Only Fee
Once a Week/ 1 hour	\$41.00	\$51.00	\$102.00

**Teen/Adult Tumbling Classes** – Co-ed classes ages 13 and up. This class is taught through progressions, so YES, you can be a beginner. Learn your back walkover, back handspring and more!

Class	Day	Time	Coach	Online Search Code	Room
Tumbling	Tuesday	7:10-8:10 pm	Anthony	ADTNTUMB	GC
Tumbling	Tuesday	8:10-9:10pm	Anthony	ADTNTUMB	GC
Tumbling	Thursday	7:10-8:10 pm	Anthony	ADTNTUMB	GC
Tumbling	Saturday	1:00-2:00 pm	Anthony	ADTNTUMB	GC

Monthly Program Fees	Family/Adult Members	Student Members	Program Only Fee
Once a Week /1 hour	\$26.00	\$36.00	\$72.00

**Instructors subject to change without notice.**  
**Monthly Registration required.**

**ROOM KEY**

**GC** = Gymnastics Center – 3<sup>rd</sup> Floor

**GYM** = Gymnasium – 3<sup>rd</sup> Floor