



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRESSIVE GYMNASTICS

MAY 2012

**Girls and Boys gymnastics Levels 1-4, ages 6 and up.
These classes emphasize development of strength, flexibility, coordination and balance.**

Level 1 – Entry Level – Beginning: All new participants will begin in this class. It is ideal for the “recreational” gymnast. Basic drills and skills are introduced on all apparatus. This class can be used to enhance your child’s over all fitness or to help prepare your child for the next Level. Classes are co-ed unless otherwise specified.

| Class | Day | Time | Coach | Online Search Code | Room |
|---------|----------|----------------|---------|--------------------|------|
| Level 1 | Tuesday | 4:00-5:00 pm | Arieneh | GYML1 | GYM |
| Level 1 | Tuesday | 5:00-6:00 pm | Shannon | GYML1 | GYM |
| Level 1 | Tuesday | 6:00-7:00 pm | Arieneh | GYML1 | GYM |
| Level 1 | Thursday | 4:00-5:00 pm | Joey | GYML1 | GYM |
| Level 1 | Thursday | 5:00-6:00 pm | Krystle | GYML1 | GYM |
| Level 1 | Thursday | 6:00-7:00 pm | Arieneh | GYML1 | GYM |
| Level 1 | Saturday | 10:00-11:00 am | Joey | GYML1 | GC |

Level 2 - Coach Approval Required -Beginning/Intermediate: This class emphasizes flexibility, coordination, balance and strength using combination of basic drill progressions and exercises designed to improve confidence and skill.

| Class | Day | Time | Coach | Online Search Code | Room |
|---------|----------|--------------|---------|--------------------|------|
| Level 2 | Tuesday | 4:00-5:00 pm | Shannon | GYML2 | GYM |
| Level 2 | Tuesday | 5:00-6:00 pm | Arieneh | GYML2 | GYM |
| Level 2 | Thursday | 5:00-6:00 pm | Arieneh | GYML2 | GYM |
| Level 2 | Thursday | 6:00-7:00 pm | Krystle | GYML2 | GYM |

Level 3 - Coach Approval Required – Intermediate: This class utilizes more advanced drills and exercises to help solidify skills and continue increasing your child’s confidence.

| Class | Day | Time | Coach | Online Search Code | Room |
|---------|----------|--------------|---------|--------------------|------|
| Level 3 | Tuesday | 5:00-6:00 pm | Anthony | GYML3 | GYM |
| Level 3 | Thursday | 5:00-6:00 pm | Anthony | GYML3 | GYM |

Level 4+ - Coach Approval Required – Advanced: Continue to refine and advance your skill level. This class includes elements of acrobatics, giving you a well-rounded gymnastics experience.

| Class | Day | Time | Coach | Online Search Code | Room |
|----------|----------|--------------|---------|--------------------|------|
| Level 4+ | Tuesday | 5:00-6:00 pm | Anthony | GYML4 | GYM |
| Level 4+ | Tuesday | 6:00-7:00 pm | Anthony | GYML4 | GYM |
| Level 4+ | Thursday | 5:00-6:00 pm | Anthony | GYML4 | GYM |
| Level 4+ | Thursday | 6:00-7:00 pm | Anthony | GYML4 | GYM |

| Monthly Program Fees | Family Members | Student Members | Program Only Fee |
|----------------------|----------------|-----------------|------------------|
| Once a Week/ 1 hour | \$33.00 | \$43.00 | \$86.00 |

Instructors subject to change without notice.
Monthly Registration required

ROOM KEY

GC = Gymnastics Center – 3rd Floor

GYM = Gymnasium – 3rd Floor