



# Summer Classes



## 2 4 week Summer Session

Session 1 Weeks of May 27, June 2nd, June 9th, June 16th,

Session 2 weeks of July 7th, July 14th, July 21st and July 28th

### Class Days & Times

#### Developmental 1 \$65

This is a one hour beginner level class. This group will work on backward rolls, cartwheels, handstands, pullovers, back-hip-circles, swings, walks on high and low balance beams, hitting the springboard correctly and vaulting.

Tuesday 4:00-5:00 pm

Tuesdays 5:00-6:00pm

Thursdays 10:00-11:00am

#### Developmental 2 \$65

This is a one hour intermediate level class for children who have mastered developmental 1. This group is ready to work on bridge kick overs, round-offs, handstand forward rolls, front limbers, pullovers, back-hip circles, shoot through, cartwheels and handstands on the balance beams and handstand flat backs on the pit.

Tuesday 10:00-11:00

Tuesday 6:00-7:00 pm

#### Developmental 3 \$65

This is a 1 hour class for those that have completed Developmental 2. This class is appropriate for those wanting to train for middle school gymnastics.

Tuesday 4:00-5:00 pm

#### Developmental 4-6 \$65

This is a 1 hour class for those that completed Developmental 3.

Tuesday 6:00-7:00pm

#### 3 & 4 Year Olds \$50

This is a 40 minute entry level gymnastics class. This group will work on basic motor skills, forward rolls, basic swings/hangs on the bar, walks on high beam and beam mounts/dismounts

Tuesday 5:00-5:40 pm

#### 5 Year Olds \$50

This is a 40 minute class. This group will be working cartwheels, bridges, pivot turns, jumps on the beam, pullovers on bars walking up a wall and spotted back-hip-circles.

Tuesday 5:45-6:25 pm

#### Middle /High School Training \$150

Monday/Wednesday 8-11:30am

#### Back Handspring Class \$35

Tuesday 10:00-10:30am

#### Private Lessons \$25

Tuesdays 10:30-11:00am



# Summer Classes

Summer Session 1: May 27th-June 21st

Specific skill training week June 25-27

Closed June 29th-July 7th

Summer Session 2: July 7th-August 2nd

Specific skill training week August 5th and 6th

*\*Team classes are by invitation only*

**Level 1 and 2 \$115**

Tuesday/Thursday 8:00-10:00am

**Level 3 \$135**

Tuesday/Friday 8:00-11:00am

**Level 4 and 5 \$200**

Monday/Wednesday/Thursday 8:00-11:00 am

**Level 6-9 \$210**

Monday/Wednesday/Friday 8:00-11:30 am