

# Gymnastics

Gymnastics is an exceptional approach to developing strength, flexibility and coordination. Students are introduced to tumbling, bars, balance beam and vault.

The program encompasses the introductory level students and progresses to the advanced level. If first session students want a particular class for a second session, they should register early, as classes fill up quickly.

## Levels

**Beginner:** Students who have never taken gymnastics, as well as students learning their cartwheels, handstands and backbends.

**Intermediate:** Students who can perform cartwheels, handstands, splits and backbends.

**Advanced:** Students who can perform all the skills listed above plus round-offs, backbend kick overs and strong handstands.

**Parent/Tot Tumble Time:** Tots and parents learn together as they both participate in this family-friendly class which strengthens fine motor skills.

**Tumbling:** Program encompasses the introductory level student and progresses to the advanced level. Focuses on tumbling and floor exercises.



### Monday Classes Begin 1/25/21

MON	JAN 25 - MAR 1	6 classes	Instructors: Holly Garrington	
Course #	Level	Ages	Time	Price
<a href="#">14310</a>	Beginner	3 - 4	9:30 am - 9:45 am	\$75
<a href="#">14311</a>	Parent/Tot	2	10:30 am - 11:15 am	\$75
<a href="#">14319</a>	Beginner	3 - 4	3:05 pm - 3:50 pm	\$75
<a href="#">14312</a>	Beginner	5 - 6	4:00 pm - 4:45 pm	\$75
<a href="#">14313</a>	Beginner	7 - 9	4:55 pm - 5:40 pm	\$75
<a href="#">14314</a>	Intermediate	8 - 11	5:50 pm - 6:35 pm	\$75

### Wednesday Classes Begin 1/20/21

MON	JAN 20 - FEB 24	6 classes	Instructors: Holly Garrington	
Course #	Level	Ages	Time	Price
<a href="#">14315</a>	Intermediate	5 - 6	4:00 pm - 4:45 pm	\$75
<a href="#">14316</a>	Beginner	7 - 9	4:55 pm - 5:40 pm	\$75
<a href="#">14317</a>	Intermediate	8 - 11	5:50 pm - 6:35 pm	\$75