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**GYMNASTICS**

**Gymnastics** is a sport that includes exercises requiring [balance](https://en.wikipedia.org/wiki/Balance_%28ability%29), [strength](https://en.wikipedia.org/wiki/Strength_training), [flexibility](https://en.wikipedia.org/wiki/Flexibility_%28anatomy%29), [agility](https://en.wikipedia.org/wiki/Agility), coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and [abdominal](https://en.wikipedia.org/wiki/Abdomen) muscle groups.

**Pre-Gymnastics – older 3’s and 4 year old’s, $60 tuition, $50 registration fee**

**Wednesday 5:30-6:15 pm**

* This is a structured class for older 3’s and 4’s who are ready to take instruction and participate without parents. This class will incorporate fun learning games and obstacle courses to introduce children to the world of gymnastics! Children will learn how to socialize, listen to instruction from a coach, work with a partner, wait their turn, and basic gymnastic fundamentals. This class will help to build body awareness and strength, flexibility and begin to introduce beginning gymnastics skills and terms.

**Beginning Gymnastics – ages 5 +; $65 tuition, $50 registration fee**

**Wednesday 6:15-7:15 pm ages 5-6 7:15-8:15 pm ages 7 +**

* An introductory class designed for girls with no prior gymnastics experience and former pre-gym girls who still need some skill development to be ready for Beginning Gymnastics Instruction throughout the course of the year.
Goals for this class:
	+ To prepare girls with no prior gymnastics experience for Beginning Gymnastics by teaching them basic gymnastics techniques and terminology
	+ Follow structured class curriculum to learn new skills in a progressive manner
	+ Develop comfort and confidence with introduction to gymnastic equipment

**As skills develop for Beginning Gymnastics:**

* This program is broken into levels based on skill and ability.
* These classes teach good gymnastics skills through positive coaching methods that emphasize progression and proper technique for each skill.
* This program also helps build self-esteem through the mastery of the fundamentals of gymnastics.
* Moving from one level up to the next requires mastery of a set of skills specific to the current class level.
* Sufficient mastery is determined through evaluations by the coaches.

**Open Gym – walking to 3 years; $10 a class**

* A fun time for parents to bring their child from walking to age 3 to explore and play! Parents are encouraged to play with their toddlers as they do fun obstacle courses. This time will be announced weekly if the class has enough participants.