FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRESSIVE GYMNASTICS

JUNE 2013

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	Joey	GYML1	GYM
Level 1	Thursday	4:00-5:00 pm	Jessica	GYML1	GYM
Level 1	Thursday	5:00-6:00 pm	Joey	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	Jessica	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	Tuesday	6:00-7:00 pm	Anthony	GYML3	GYM
Level 3	Thursday	5:00-6:00 pm	Lisa	GYML3	GYM
Level 3	Thursday	6:00-7:00 pm	Lisa	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	Lisa	GYML4	GYM
Level 4+	Thursday	6:00-7:00 pm	Lisa	GYML4	GYM

Monthly Program Fees	**Family Members**	**Youth/Student Members**	**Program Only Fee**
Once a week/One hour	$34.00	$49.00	$98.00

Instructors subject to change without notice. Monthly Registration required

ROOM KEY: **GC =** Gymnastics Center – 3rd Floor **GYM** = Gymnasium – 3rd Floor