

# Summer Gymnastics

## Gymnastics City

Summertime is a wonderful time for new students to begin gymnastics & For those who cant get enough of gymnastics, so come & continue the fun!!

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### **Recreational Classes: Ages 5 & up**

Students are grouped by age and ability level. Summer classes are 1 hour. Instruction is on the 4 Olympic events: vault, uneven bars, balance beam, and floor exercise. In addition, they will be using the tumble trac and trampoline. The benefits of these related activities in which tumbling develops muscular strength and flexibility. The balance beam develops foot and eye coordination, and balance. The uneven bars build upper body strength; and vaulting develops speed and power. Gymnastics City offers a positive learning environment while teaching more than just cartwheels, but self-discipline, and structure.

**Wednesday: 4:30 – 5:30 (Kindergarten & up) 6 Classes \$207.00**

**\*July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> August 13<sup>th</sup>, 20<sup>th</sup>**

**Saturday: 11:00-12:00 (Kindergarten & up) 6 Classes \$213.00**

**\*July 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, August 2<sup>nd</sup> 16<sup>th</sup>, 23<sup>rd</sup>**

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### **Saturday:**

Our Tiny Tots have a great time each week with a challenging, yet fun obstacle course set up on the floor exercise. Children will crawl, hop, jump, forward roll, backward roll, headstand, handstand & Cartwheel through the obstacle course. They will enjoy jumping on the in ground trampolines and tumble trac. Fly through the air into the foam pit and swinging on the uneven bars. They will also learn to balance on the beam and feel proud of themselves while doing it! Each week the lesson plans change.

**Mommy & Me: 9:00- 9:45 Mommy & Me (Ages 18 months –3) 6 Classes \$186.00**

**Gym Stars: 9:45-10:45 (Ages 3-5) *\*Must be Potty trained- No pull ups\** 6 Classes \$210.00**

**\* July 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, August 2<sup>nd</sup> 16<sup>th</sup>, 23<sup>rd</sup>**

*All classes must be paid in cash or check only  
\$35.00 Registration fee for new students*

**No Refunds for any reason, we reserve the right to refuse service to anyone**

**No Makeup classes for Gym Stars & Mommy & Me classes  
Gymnastics City will be closed August 3<sup>rd</sup> - 10<sup>th</sup>**