

GYMNASTICS

School Age Gymnastics and Pre-Nastics

Children will learn the Fundamentals of gymnastics & Tumbling in this energetic and quick paced class! Boys & girls will be taught the proper stretching and lead-up drills to ensure safety, as well as build strength, flexibility, and spatial awareness.

Dates: Session I: Sept. 13 – Oct. 25 (7 weeks)

Time: 3:00 PM – 3:45 PM (Pre-Nastics) 211250-01

3:50 PM – 4:35 PM (School Age) 221251-01

4:40 PM – 5:25 PM (Pre-Nastics) 211250-02

5:30 PM – 6:15 PM (School Age) 221251-02

6:20 PM – 7:20 PM (Advanced School Age) 221251-03

Dates: Session II: Nov. 1 – Dec. 27 (9 weeks)

Time: 3:00 PM – 3:45 PM (Pre-Nastics) 311350-01

3:50 PM – 4:35 PM (School Age) 321351-01

4:40 PM – 5:25 PM (Pre-Nastics) 311350-02

5:30 PM – 6:15 PM (School Age) 321351-02

6:20 PM – 7:20 PM (Advanced School Age) 321351-03

Days: Monday

Ages: Pre-Nastics (3 – 5yrs)

School Age (6 – 12yrs)

Location: Krueger Park Gym

Min/Max: 6/8

Fee: \$75 Resident; \$80 Non-Resident (Session I)

\$97 Resident; \$102 Non-Resident (Session II)

\$80 Resident; \$85 Non-Resident (Advanced Session I)

\$102 Resident; \$107 Non-Resident (Advanced Session II)