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GYMNASTICS

School Age Gymnastics and Pre-Nastics

Children will learn the Fun-damentals 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: January 10 – February 28 (8 weeks)

Time: 3:50 PM – 4:35 PM (School Age) 321351-04

4:40 PM – 5:25 PM (Pre-Nastics) 311350-04

5:30 PM – 6:15 PM (School Age) 321351-05

6:20 PM – 7:05 PM (School Age) 321351-06

Dates: Session II: March 7 – April 25 (8 weeks)

Time: 3:50 PM – 4:35 PM (School Age) 421451-01

4:40 PM – 5:25 PM (Pre-Nastics) 411450-02

5:30 PM – 6:15 PM (School Age) 421451-02

6:20 PM – 7:05 PM (School Age) 421451-03

Days: Monday

Location: Krueger Park Gym

Min/Max: 6/10

Fee: \$86 Resident: \$91 Non-Resident (Session I)

\$86 Resident: \$91 Non-Resident (Session II)

Ages: Pre- Nastics (3 – 5yrs)

School Age (6 – 12yrs)

NOTE: All Gymnastic classes are held on **Mondays** at the **Krueger Park Recreation Center**, 9100 S. 88th Ave. Gymnastics participants must be of age before the first class date. It is suggested that if you plan on attending multiple sessions that you register for the them at one time to avoid losing your spot. **ATTIRE:** Long hair should be secured back. Students should wear comfortable, stretchable clothing, gym shoes, and no blue jeans, no jean shorts, no skirts.