

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.

NOTE: No class May 30th.

Dates: Session I: May 9 – June 27 (7 weeks)

Time: 3:50 p.m. – 4:35 p.m. (School Age) 121151-01

4:40 p.m. – 5:25 p.m. (Pre-Nastics) 111150-01

5:30 p.m. – 6:15 p.m. (School Age) 121151-02

6:20 p.m. – 7:05 p.m. (School Age) 121151-03

Dates: Session II: July 11- August 29 (8 weeks)

Time: 3:50 p.m.– 4:35 p.m. (School Age) 121151-04

4:40 p.m. – 5:25 p.m. (Pre-Nastics) 111150-02

5:30 p.m.– 6:15 p.m. (School Age) 121151-05

6:20 p.m. – 7:05 p.m. (School Age) 121151-06

Days: Monday

Location: Krueger Park Gym North

Min/Max: 6/10

Fee: \$76 Resident \$81 Non-Resident (Session I)

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

Ages: Pre-Nastics (3-5 years)

School Ages (6-12 years)

NOTE: All Summer 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 both sessions that you register for the both sessions at one time to avoid losing your spot.

ATTIRE: Long hair should be secured back. Students should wear comfortable, stretchable clothing and gym shoes. No blue jeans, no jean shorts, and no skirts.