






BOYS RECREATIONAL GYMNASTICS FALL SESSION 1



Sept. 5, 2017 – Jan. 28, 2018
170 Hunts Lane, Chappaqua, NY 10514
Tel.: 914-238-4967 * Fax: 914-238-3513
www.worldcupgymnastics.com

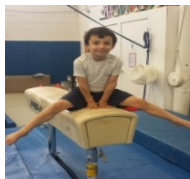
Jason Hebert, Program Coordinator/Co-Head Coach,
Boys Gymnastics Team, x 23
e-mail: gymnastics@worldcupschools.com
Bob Kayser, Co-Head Coach, Boys Gymnastics Team, x 25

TIME	MON. (16 weeks)	TUES. (19 weeks)	WED. (19 weeks)	THURS. (18 weeks)	FRI. (16 weeks)	SAT. (16 weeks)
2:00-2:55	Pre- Rec. I (Ages 4 – 5.5)	Pre- Rec. I (Ages 4 – 5.5) (20 weeks)	Pre- Rec. I (Ages 4 – 5.5) (20 weeks)	Pre- Rec. I (Ages 4 – 5.5)	Pre- Rec. I (Ages 4 – 5.5) (18 weeks)	10:00 – 10:55 Rec. I (Ages 5 – 6)
4:00-4:55	Rec. I (Ages 5 – 6)	Rec. I (Ages 5 – 6)	Rec. I (Ages 5 – 6)	Rec. I (Ages 5 – 6)	Rec. I (Ages 5 – 6)	11:00 – 11:55 Rec. II (Ages 7 – 9)
	Rec. II (Ages 7+)	Rec. II (Ages 7+)	Rec. II (Ages 7-9) Rec. II (Ages 10+)	Rec. II (Ages 7+)	Rec. II (Ages 7+)	
4:00-5:30		Rec. III (Ages 7+)		Rec. III (7+ yrs.)		
4:00-6:00	Team Lev. 4 / 5 / 6 (Age 7+) (M/W/F req.)		Team Lev. 4 / 5 / 6 (Age 7+) (M/W/F req.)		Team Lev. 4 / 5 / 6 (Age 7+) (M/W/F req.)	
5:00-5:55	Rec. I (Ages 5 - 6)	Rec. II (Ages 7+)	Rec. I (Ages 5 – 6)	Rec. II (Ages 7+)	Rec. I (Ages 5 – 6)	SUN. (17 weeks) 9:00 - 9:55 Ninja Warriors (Ages 6-9 & 10-14)
					Rec. II (Ages 7+)	
6:00-6:55			6:00 – 7:30 Rec. III (Ages 7+)		6:00 – 7:30 Rec. III (Ages 7+)	11:00 - 11:55 Pre- Rec. I (Ages 4 – 5.5)
7:00-7:55					Gymnastics for Crossfitters (Ages 12+)	10:00 - 10:55 Ninja Warriors (Ages 6-9 & 10-14)

* Please note that classes shown in bold are by invitation only.

BOYS RECREATIONAL PROGRAM DESCRIPTIONS

The Boys Gymnastics program is designed to develop basic gymnastics skills and the foundation on which these skills rest: strength, flexibility, balance and motor coordination. We strive to maintain a safe, positive, fun and creative atmosphere in which each boy is encouraged to improve at his own pace. Two of our most important goals are to develop self-confidence and to help boys to understand the relationship between consistent practice and improvement of ability.



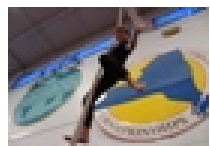
Pre-Rec. I (Ages 4 – 5-1/2)

This 55-minute class is designed for Preschoolers who are ready for more of a challenge. The class is structured like a Recreational class (no more obstacle courses), and will focus on building the strength, coordination and flexibility needed to master the skills taught in Rec. I. Instructor approval is required.



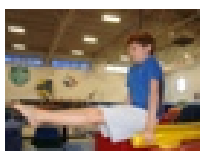
Rec. I (Ages 5 - 6 yrs.)

This class incorporates young students' love of learning with their longer attention spans by introducing new skills & techniques that build on those they have learned in our Preschool program. They will learn new ways to roll, improve their cartwheels & strengthen their muscles using stations and drills designed for their ages and abilities. A variety of challenges will be included to enhance any sport a child may play, not just gymnastics.



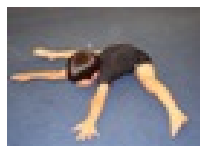
Rec. II (Ages 7 - 9 yrs.) (Ages 10+ yrs.)

This class for older beginner gymnasts is designed to improve their flexibility and strengthen their muscles. Each class starts with a basic warm-up, including activities to raise their heartbeats and stretch out their muscles. The boys then move on to the men's equipment.



Rec. III (Ages 7+ yrs.) (Invitation Only) (formerly Rec. II Advanced)

This 90-minute class differs from Rec. II because it is for boys with exceptional ability and interest in gymnastics. Boys are encouraged to participate two times each week, but there is an option for one day only. Boys must be evaluated for this class.



Level 4 / 5 / 6 Team (Ages 6 - 7 yrs.) (Invitation Only)

This two-hour class, which has evolved from the Rec. III class, is for our more serious, younger gymnasts (ages 6 – 7). This class will teach skills used in the early stages of competition. Boys are required to participate Monday, Wednesday and Friday.



Gymnastics for Crossfitters (Ages 12+ yrs.)

Do you love crossfit and want to get better at the gymnastics moves involved in it? We will use weighted balls, resistance bands, stability disks, trigger-point rollers and much more in a high-intensity interval training circuit that will really challenge you. \$25/class



Ninja Warriors (Ages 6 – 9 and 10 – 14)

In this cool new co-ed class, ninjas in training will zip through exciting obstacle courses that will have them swinging, jumping, racing and climbing throughout our competitive gym! Find your inner ninja!

<u>MAKE-UP POLICY:</u> We offer 3 make-ups per session. Please call ahead to schedule so we can maintain our safety ratios.	* Please add an annual Membership Fee of \$50.00 per child, valid through Aug., 2018. We offer a 10% discount for siblings or a second class.					
	TIME	16 weeks	17 weeks	18 weeks	19 weeks	Gymnastics for Crossfitters 16 weeks 400.00
	55 mins.	\$527.20	\$560.15	\$593.10	\$626.05	
	1.5 hrs.	\$663.20	\$704.65	\$746.10	\$787.55	