



GIRLS' RECREATIONAL GYMNASTICS SUMMER SESSION

June 26 – August 25, 2017

WORLD CUP GYMNASTICS

170 HUNTS LANE, CHAPPAQUA, NY 10514 (914) 238-4967

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TIME	MONDAY (9 weeks)	TUESDAY (8 weeks)	WEDNESDAY (9 weeks)	THURSDAY (9 weeks)
4:00-4:55	Rec. I & Int. 5 - 6 yrs.	Rec. I & Int. 5 - 6 yrs.	Rec. I & Int. 5 - 6 yrs.	Rec. I & Int. 5 - 6 yrs.
	Rec. II & III 7+ yrs.	Rec. II & III 7+ yrs.	Rec. II & III 7+ yrs.	Rec. II & III 7+ yrs.
	Rec. IV & V 7+ yrs.		Rec. IV & V 7+ yrs.	
4:00-5:30	(Classes in bold: invitation only)	Power Paws (9+ yrs)		Power Paws (9+ yrs)
5:00-5:55	CheerTumbling 9+ yrs.			

REC. I & REC. I Intermediate (5 – 6 yrs.)

This class introduces kindergarteners and 1st graders to new skills that build on those they have learned in our Preschool program. The children learn new ways to roll, improve their cartwheels and strengthen their muscles. We include a variety of challenges (e.g. eye/foot coordination, balance) that will enhance any sport a child may play, not just gymnastics.

REC. II (7 + yrs.)

This class for our beginner gymnasts is designed to improve flexibility and strengthen muscles while we help each student work on individual skills. After a thorough group warm-up, the students (divided by ability levels) rotate to their designated events. Our instructors design exciting challenges using barrels, wedges, and ropes for the girls to utilize in the gym.

REC. III (7 + yrs.)

At this level, gymnasts are required to have **at least three years of gymnastics**. The girls begin working on intermediate skills and combinations, concentrating more on proper form and technique, which allow them to build up to more challenging moves. Exciting routines are designed to motivate the gymnasts to reach their individual goals.

REC. IV (7+ yrs.) (Invitation only)

At this level, at least three years of gymnastics experience is required, as well as an evaluation. The instructors will focus more on perfecting advanced skills and combinations so more challenging moves can continually be introduced.

REC. V (7+ yrs.) (Invitation only)

An invitation to this class requires controlled performances of the challenging skills learned in earlier classes. This class will prepare you for the Elite Power Paws class. Girls must be evaluated for this class.

ELITE POWER PAWS (9+ yrs.) (Invitation only)

This class is designed for older gymnasts with significant previous gymnastics training. We work on new moves including more challenging mounts and dismounts, advanced tumbling combinations, and extensive work on the trampoline and Tumbl Trak. Conditioning drills are an integral part of this class.

BASIC CHEERTUMBLING (9+ yrs.)

This class is perfect for helping cheerleaders improve their tumbling performance levels. Floor tumbling and jumps are included, enhanced through training on the TumblTrak and trampoline.

FEES* (Please add annual Membership Fee of \$30.00 to each new member's tuition.)

Time	5 weeks	6 weeks	7 weeks	8 weeks	9 weeks
55 minutes	\$160.00	\$192.00	\$224.00	\$256.00	\$288.00
1.5 hours	\$201.25	\$241.50	\$281.75	\$322.00	\$362.25

*To register for the summer session, you must sign up for a minimum of five pre-selected weeks.

Two make-ups are allowed in the Summer Session.

PLANNING FOR FALL? Session 1 will begin on Tuesday, September 5, 2017.