



PRESCHOOL GYMNASTICS – SESSION 1

September 5, 2017 – January 28, 2018



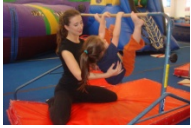


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Register online at www.worldcupgymnastics.com



| TIME | MONDAY (16 weeks) | TUESDAY (20 weeks) | WEDNESDAY (20 weeks) | THURSDAY (18 weeks) | FRIDAY (18 weeks) | SATURDAY (16 weeks) |
|---------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------|
| 9:30 – 10:15 | COZY TWOS | COZY TWOS | COZY TWOS | COZY TWOS |  | 9:00 – 9:45 COZY TWOS |
| | | | CLIMBING THREES | CLIMBING THREES | | CLIMBING THREES |
| 10:15 – 11:00 | COZY TWOS | CARTWHEELING FOURS | COZY TWOS | COZY TWOS | COZY TWOS | CARTWHEELING FOURS |
| | CLIMBING THREES | | CLIMBING THREES | CARTWHEELING FOURS | | 10:00 – 10:45 COZY TWOS |
| 11:00 – 11:45 |  | CLIMBING THREES & CARTWHEELING FOURS |  | CLIMBING THREES & CARTWHEELING FOURS |  | CLIMBING THREES |
| | | | | | | CARTWHEELING FOURS |
| 12:45 – 1:30 | CLIMBING THREES | COZY TWOS | COZY TWOS | CLIMBING THREES | COZY TWOS | SUNDAY (17 weeks) |
| | CARTWHEELING FOURS | | | | CARTWHEELING FOURS | |
| 1:45 – 2:30 | COZY TWOS |  | CLIMBING THREES | CLIMBING THREES | CLIMBING THREES & CARTWHEELING FOURS | 10:00 – 10:45 CLIMBING THREES |
| | CLIMBING THREES | | CARTWHEELING FOURS | CARTWHEELING FOURS | | CARTWHEELING FOURS |
| 2:00 – 2:55 | PRE-REC. I | PRE-REC. I | PRE-REC. I | PRE-REC. I | PRE-REC. I | 11:00-11:55 PRE-REC. I |
| 2:45 – 3:30 | CLIMBING THREES & CARTWHEELING FOURS | CARTWHEELING FOURS | CARTWHEELING FOURS | CLIMBING THREES & CARTWHEELING FOURS | COZY TWOS | |

FEES (Please add annual \$50.00 Membership Fee for each child, valid through 8/2018.)

| CLASS | 16 weeks | 17 weeks | 18 weeks | 19 weeks | 20 weeks |
|---------|----------|----------|----------|----------|----------|
| 45 min. | \$482.40 | \$512.55 | \$542.70 | \$572.85 | \$603.00 |
| 55 min. | \$527.20 | \$560.15 | \$593.10 | \$626.05 | \$659.00 |



COZY TWOS: 2 year-olds
CLIMBING THREES: 3 year-olds
CARTWHEELING FOURS: 4 year-olds
PRE-REC. I: 4 – 5 ½ year-olds



SIBLING POLICY:

- Siblings are **NOT ALLOWED** to come to class.
- 10% discount for siblings or a second class.

MAKE-UP POLICY:

World Cup Gymnastics offers three make-ups per session. Please call ahead to schedule.

PRESCHOOL GYMNASTICS CLASS DESCRIPTIONS

Preschoolers love to run and jump and climb and roll, and World Cup Gymnastics is the perfect place to do it! Our Preschool Gymnastics program is designed to nurture gross motor development, focus your preschooler's abundant energy, and introduce your child to the wonderful sport of gymnastics. We provide a safe and fun-filled environment in which we educate each student in age appropriate gymnastics skills. Our staff is trained to help every child have fun and feel successful as he or she learns and grows.

Preschool Gymnastics classes are 45 minutes long. We begin with 10 minute warm-up during which we prepare the gymnast's body for exercise and introduce, master, and review new skills each week. The class continues with 15 minutes at each of two obstacle courses designed to develop each child's balance, strength, flexibility, and gymnastics skills. We wrap up with a "good-bye" song and dance, as well as stamps. Each child also receives a World Cup Gymnastics coloring page related to the gymnastics theme of the week. The obstacle courses and gymnastics events change throughout the session, so that every child gets a well-rounded introduction to gymnastics, and to the basic skills needed to excel in this amazing sport!

COZY TWOS (2 year-olds)

An innovative introduction to the world of gymnastics, in Cozy Twos your child will begin to learn the fundamental skills involved in gymnastics. With an adult participant, your child will discover body awareness, basic gymnastics positions, and gymnastics terminology. The Cozy Twos class is full of opportunities for your child to roll down wedges, swing on the bars and rings, jump on trampolines, and explore a variety of colorful and creative obstacle courses.

CLIMBING THREES (3 year-olds)

Young gymnasts will find this class an exciting opportunity to grow in their gymnastics ability and self-discipline. Climbing Threes are in the gym without an adult participant for the first time, expanding their sense of independence and self-confidence. Your child will be encouraged to take turns, follow specific directions, and participate in group activities - while he/she continues to master our gymnastics theme-based obstacle courses. Further, our staff will emphasize the gym's safety rules, in addition to helping each student grow in their love and respect for the sport of gymnastics!

CARTWHEELING FOURS (4 year-olds)

This class is designed for both beginners and experienced young gymnasts, as the instructors adapt the obstacle courses to meet the skill level of each individual student. Using a combination of preschool and competitive equipment modified for your child, each student will expand their understanding of the sport of gymnastics while building the confidence that comes from completing more advanced skills without the assistance of an instructor. The concepts of balance, strength and flexibility will continue to be emphasized while we also begin to focus more on form.

PRE-REC I (4 – 5 ½ year-olds)

This 55-minute class is designed for Preschoolers who are ready for more of a challenge. Rather than utilizing World Cup's preschool gymnastics obstacle courses, these gymnasts will increase their self-discipline and independence as they take turns using competitive gymnastics equipment to practice their skills. This class is structured like a Recreational class, and will focus on building the strength, coordination, flexibility and discipline needed to master the skills taught in Rec. I. Instructor approval is required, and prior World Cup preschool gymnastics experience is strongly suggested.

OPEN GYM

In the Romperee Indoor Playground. For children 4 and under.

- A time to play and explore with your child in a safe, non-structured, and fun-filled environment.
- No Membership Fee required.
- OPEN GYM costs \$14.00 for the first child, \$12.00 for each additional sibling, and \$10.00 for current Romperee or Preschool Gymnastics students.
- Discount Open Gym 10-Visit Cards are available for \$120.00 (expires 1 year after purchase date).
- OPEN GYM payments are non-transferable and non-refundable.
- OPEN GYM may be used for a Preschool Gymnastics make-up class.

BIRTHDAY PARTIES

AGES 1- 3 in ROMPEREE

Saturdays & Sundays:

11:00 – 12:30

1:15 – 2:45

3:30 – 5:00

Ages 4 & up in the BIG GYM

Saturdays:

1:00 – 2:30, 2:40 – 4:10,

4:20 – 5:50, 6:00 – 7:30

Sundays:

11:20 – 12:50, 1:00 – 2:30,

2:40 – 4:10, 4:20 – 5:50,

6:00 – 7:30

