

BOYS RECREATIONAL GYMNASTICS SPRING SESSION 2019

Jan. 28 – June 19, 2019

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TIME	MON. (19 weeks)	TUES. (21 weeks)	WED. (21 weeks)	THURS. (20 weeks)	FRI. (19 weeks)	SAT. (17 weeks)
2:00-2:55	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5) (19 weeks)	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5) (19 weeks)	10:00 – 10:55 Rec. 1 (Ages 5 – 6)
4:00-4:55	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6)	11:00 – 11:55 Rec. 2 (Ages 7 – 9)
	Rec. 2 (Ages 7+)	Rec. 2 (Ages 7+)	Rec. 2 (Ages 7-9) Rec. 2 (Ages 10+)	Rec. 2 (Ages 7+)	Rec. 2 (Ages 7+)	
4:00-5:30		Rec. 3 (Ages 7+)		Rec. 3 (7+ yrs.)		
4:00-6:00	Team Lev. 6 & 7 (Age 7+) (M/W/F req.)		Team Lev. 6 & 7 (Age 7+) (M/W/F req.)		Team Lev. 6 & 7 (Age 7+) (M/W/F req.)	
5:00-5:55	Rec. 1 (Ages 5 - 6)	Rec. 2 (Ages 7+)	Rec. 1 (Ages 5 – 6)	Rec. 2 (Ages 7+)	Rec. 1 (Ages 5 – 6)	SUN. (16 weeks) 9:00 - 9:55 Ninja Warriors (Ages 6 – 14)
					Rec. 2 (Ages 7+)	
6:00-6:55			Rec. 2 (Ages 7+)		6:00 – 7:30 Rec. 3 (Ages 7+)	10:00 - 10:55 Ninja Warriors (Ages 6 – 14)
			6:00 – 7:30 Rec. 3 (Ages 7+)			11:00 - 11:55 Ninja Warriors (Ages 6 – 14)
7:00-7:55			7:30 – 8:30 Dive Training (Ages 7-12)			11:00 - 11:55 Pre- Rec. 1 (Ages 4.5 – 5.5)

* 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. 1 (Ages 4-1/2 – 5-1/2)



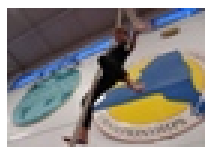
Instructor approval is required for this 55-minute class, as well as 1 year (2 sessions) of prior World Cup Preschool Gymnastics. It is designed for Preschoolers who are ready for more of a challenge. Rather than utilizing obstacle courses, these gymnasts will increase their self-discipline and independence as they take turns using competitive gymnastics equipment. 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. 1.

Rec. 1 (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. 2 (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. 3 (Ages 7+ yrs.) (Invitation Only)



This 90-minute class differs from Rec. 2 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 6 & 7 Team (Ages 7 - 8 yrs.) (Invitation Only)



This two-hour class, which has evolved from the Rec. 3 class, is for our more serious, younger gymnasts (ages 7 – 8). This class will teach skills used in the early stages of competition. Boys are required to participate Monday, Wednesday and Friday.

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



In this popular 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!

Dive Training (Ages 7 – 12)



In this unique class, divers will utilize the trampoline, TumbITrak and foam pits to safely learn the air sense needed for diving. Undergoing a conditioning regimen will help tighten and perfect their form. The instructor is Vitali Nilov, the Dive Coach at Purchase College, who has many years of experience as a dive training coach.

<p><u>MAKE-UP POLICY:</u> We offer 3 make-ups per session. Please schedule on the Parent Portal or by calling so we can maintain our safety ratios.</p>	<p>* Please add an annual Anniversary/Membership Fee of \$40.00 per child, valid through May, 2019, if not paid since June, 2018. We offer a 10% discount for siblings or a second class.</p>						
	TIME	16 weeks	17 weeks	18 weeks	19 weeks	20 weeks	21 weeks
	55 mins.	\$543.20	\$577.15	\$611.10	\$645.05	679.00	712.95
	1.5 hrs.	\$680.00	\$722.50	\$765.00	\$807.50	850.00	892.50