



BOYS RECREATIONAL GYMNASTICS SCHOOL YEAR SESSION

Fall: Sept. 5, 2023 – Jan. 28, 2024

Spring: Jan. 29 – June 26, 2024

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TIME	MON. FALL: 15 weeks	TUES. FALL: 19 weeks	WED. FALL: 20 weeks	THURS. FALL: 19 weeks	FRI. FALL: 16 weeks
2:15-3:10	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5) (20 weeks)	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5)	Pre- Rec. 1 (Ages 4.5–5.5) (18 weeks)
4:00-4:55	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6) Rec. 2 (Ages 7 - 12)	Rec. 1 (Ages 5 – 6)	Rec. 1 (Ages 5 – 6) Rec. 2 (Ages 7 - 12)	Rec. 1 (Ages 5 – 6) Rec. 2 (Ages 7 - 12)
4:00-5:30	Team Lev. 4 (Ages 6+) Team Lev. 5 4:00 - 6:00 (Ages 6+)	Boys Pre-Team (Ages 5 – 6) (Invite only)	Team Lev. 4 (Ages 6+) Team Lev. 5 4:00 - 6:00 (Ages 6+)	Boys Pre-Team (Ages 5 – 6) (Invite only)	Team Lev. 5 4:00 - 6:00 (Ages 6+)
5:15-6:10		Rec. 3 (Ages 7+) (Evaluation required)		Rec. 3 (Ages 7+) (Evaluation required)	Rec. 1 (Ages 5 – 6) Rec. 2 (Ages 7 - 12) Co-ed Tumbling** Beginner (Ages 7+)
6:20-7:15		Co-ed Tumbling** Beginner (Ages 7+)	Co-ed Tumbling** Advanced (Ages 7+)		

*For classes shown in bold, an evaluation is required. Teams are by invitation only.

**A round-off is required for Beginner Tumbling; a back handspring is required for Advanced Tumbling.

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 - 8 yrs.) (Ages 8+ 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 8+ yrs.) (Invitation Only)

This class 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 (Ages 6+ yrs.) (Invitation Only)

This 90-minute class is for our team boys competing at Level 4 or 5. It is by invitation only. All of the skills developed pre-team transition into skills needed for competition levels. Boys are required to participate Monday and Wednesday.



Tumbling (Ages 9+ yrs.) (Co-ed)

For parkour stunters and cheerleaders alike, this co-ed class is designed for students who want to focus on tumbling, flips and stunts. Gym rotations will include the floor area, trampoline and TumbleTrak. For the Advanced class, a back handspring is required. Come flip out with us!

<u>MAKE-UP POLICY:</u> * We offer a 10% sibling or 2 nd class discount. * 3 make-up classes are allowed per session, per child.	* Please add an annual Membership Fee of \$50.00 per child valid through May 31, 2024						
	TIME	15 weeks	16 weeks	18 weeks	19 weeks	20 weeks	21 weeks
	55 mins.	\$581.25	\$620.00	\$697.50	\$736.25	\$775.00	\$813.75