



# GIRLS' RECREATIONAL GYMNASTICS SUMMER SESSION

July 1 – August 23, 2024

WORLD CUP GYMNASTICS  
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TIME	MONDAY (8 weeks)	TUESDAY (8 weeks)	WEDNESDAY (8 weeks)	THURSDAY (7 weeks)
10:00-10:55			Pre-Rec.1 4.5 – 5.5 yrs.	
4:00-4:55	Rec.1 5 - 6 yrs.	Rec.1 5 - 6 yrs.	Rec. 1 5 - 6 yrs.	Rec. 1 5 - 6 yrs.
	Rec. 2 7+ yrs.	Rec. 2 7+ yrs.	Rec. 2 7+ yrs.	Rec. 2 7+ yrs.
	Rec. 3 7+ yrs.	Rec. 5 (7+ yrs.) Elite Power Paws (9+ yrs., 4:00-5:30)	Rec. 3 & 4 7+ yrs.	Rec. 4 & 5 7+ yrs. Beginner Tumbling (Ages 7+)

## REC. 1 (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. 2 (7 + yrs.)

This class 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 rotate to their designated events. Our instructors design exciting challenges using barrels, wedges, and ropes. 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.

## REC. 3 & 4 (7+ yrs.) (Invitation only)

At this level, at least 2-3 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. An invitation to this class requires controlled performances of the challenging skills learned in earlier classes.

## REC. 5 (7+ yrs., 55-min. class) & ELITE POWER PAWS (9+ yrs., 1.5 hour class) (Invitation only)

This combo 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 Tumbler Trak. Conditioning drills are an integral part of this class. The Elite Power Paws class is for more serious gymnasts who have enough endurance for 1-½ hours of advanced gymnastics and conditioning drills. The required skills to join Power Paws include two round-off back handsprings on floor.

## TUMBLING (Beginner) (Ages 7+ yrs.) (Co-ed)

For cheerleaders and parkour stunts 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 Tumbler Trak. A cartwheel is required for the Beginner class.

### FEES\* (Classes in bold are by invitation only)

Please add annual Anniversary (Membership) Fee of \$40.00 to each new member's tuition, valid through May 31, 2024. From June 1, 2024 on, the Anniversary Fee will be \$50 per child, valid through May 31, 2025.

Time	5 weeks	6 weeks	7 weeks	8 weeks
55 minutes	\$193.75	\$232.50	\$271.25	\$310.00
1.5 hours	\$240.00	\$288.00	\$336.00	\$384.00

\*To register for the summer session, you must sign up for a minimum of six pre-selected weeks (5 weeks for a Thursday class). Two make-ups are allowed per student for the Summer Session.

**PLANNING FOR FALL?** Session 1 will begin on Tuesday, September 3, 2024.