Gym

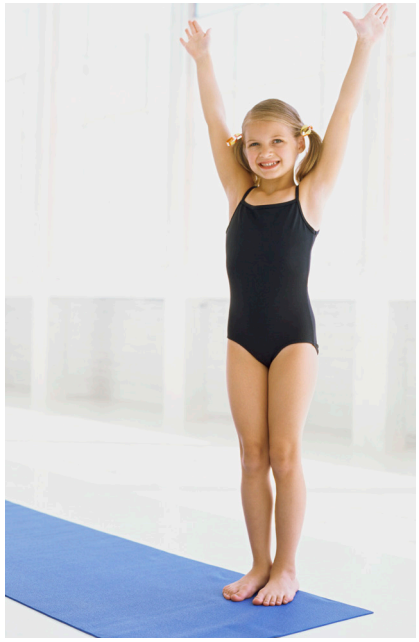
Tuesday Gymnastics
Starts 4 September

Tot Play, 0930-1015
Controlled play with guardian participation. Early gross motor development and socialization

Cost: $17 Ages: 1-2
Class Limit: 20

Pre-School Gym/Creative Dance, 1030-1120
Emphasis on interaction with other children & gross motor skills. Introduction to balance beam, vault, bars, tumbling, & creative movement.

Ages: 3-4
Class Limit: 8



Kinder Gym, 1630-1720
Emphasis on balance, coordination, flexibility, strength, & FUN! Introduction to balance beam, vault, bars, & tumbling

Ages: 4-5
Class Limit: 10

Beginner Gym, 1730-1820
Students learn basic gymnastics skills & techniques on balance beam, bars, vault, & tumbling .

Ages: 6-9
Class Limit: 10

Intermediate Gym, 1830-1920
The next level in balance beam, bars, vault, & tumbling.

Ages: 7-10
Class Limit: 10

Attire
Girls: gymnastics leotard, shoes or bare feet, hair pulled back
Boys: biker shorts & t-shirt

Dance

Thursday Dance
Starts 6 September

Pre-Ballet & Tap, 1600-1650
Basic dance techniques are taught.

Ages: 3½-5
Class Limit: 15

Ballet & Tap I, 1700-1750
Beginner dance movement in ballet & tap.

Ages: 4-6
Class Limit: 15

Ballet & Tap II, 1800-1850
The next level in dance movement in ballet and tap.

Ages: 6-10
Class Limit: 15

Jazz/Hip-Hop, 1900-1950
Beginner fast paced pumpin' moves in a pop-group made fun.

Ages: 7+
Class Limit: 15

Attire
plain leotard, pink tights, pink ballet shoes, black tap shoes, jazz pants, jazz shoes or light weight tennis shoes, hair pulled up

Class Registration & Fee Information on back