

Gymnastics

Adult Tumbling Classes

Tumbling class for adults and high school students accommodating a variety of ability levels. This class uses a pass system. Please contact the Gymnastics Center 770-528-8475 for more information. Classes meet on Thursday night from 7:00–8:30 PM

Preschool Classes

Tumble Tots - age 2 - 3 1/2

Each child in the class must have one adult to work with him or her individually. No siblings are allowed in the class without a second adult. Children participate in fun locomotor, exploratory, and gymnastics activities.

Fees: \$43.20 \$68.20 (Non-County Resident)

26274	Mon	Jan 4-Mar 1	10:00-10:45 AM
26275	Mon	Jan 4-Mar 1	11:00-11:45 AM
26276	Tue	Jan 5-Mar 2	10:00-10:45 AM
26277	Wed	Jan 6-Mar 3	10:00-10:45 AM
26278	Thu	Jan 7-Mar 4	10:00-10:45 AM

Fees: \$28.80 \$53.80 (Non-County Resident)

26279	Fri	Jan 8-Feb 26	10:00-10:45 AM
26280	Fri	Jan 8-Feb 26	11:00-11:45 AM
26281	Sat	Jan 9-Feb 27	9:00-9:45 AM
26282	Sat	Jan 9-Feb 27	10:00-10:45 AM

Tumble Kids 3 - age 3

This class for boys and girls helps children develop locomotor, social, and listening skills through a variety of fun activities.

Fees: \$43.20 \$68.20 (Non-County Resident)

26319	Mon	Jan 4-Mar 1	12:30-1:15 PM
26320	Mon	Jan 4-Mar 1	3:45-4:30 PM
26321	Tue	Jan 5-Mar 2	11:00-11:45 AM
26322	Tue	Jan 5-Mar 2	12:30- 1:15 AM
26323	Tue	Jan 5-Mar 2	3:45- 4:30 PM
26324	Tue	Jan 5-Mar 2	6:30-7:15 PM
26325	Wed	Jan 6-Mar 3	1:00-11:45 AM
26326	Wed	Jan 6-Mar 3	3:45-4:30 PM
26327	Thu	Jan 7-Mar 4	11:00-11:45 AM
26328	Thu	Jan 7-Mar 4	12:30- 1:15 PM
26329	Thu	Jan 7-Mar 4	4:30- 5:15 PM

Ward Recreation Center

26334	Wed	Jan 6-Mar 3	4:00- 4:45 PM
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Fees: \$28.80 \$53.80 (Non-County Resident)

26330	Fri	Jan 8-Feb 26	3:30- 4:15 PM
26332	Sat	Jan 9-Feb 27	12:30- 1:45 PM
26333	Sat	Jan 9-Feb 27	1:30- 2:15 PM

Tumble Kids 4 - age 4

This class for boys and girls helps children develop motor, social, and listening skills through a variety of fun activities and challenges.

Fees: \$43.20 \$68.20 (Non-County Resident)

26335	Mon	Jan 4-Mar 1	1:30- 2:15 PM
26336	Mon	Jan 4-Mar 1	4:30- 5:15 PM
26341	Tue	Jan 5-Mar 2	4:30- 5:15 PM
26342	Tue	Jan 5-Mar 2	5:30- 6:15 PM
26343	Wed	Jan 6-Mar 3	12:30- 1:15 PM
26344	Wed	Jan 6-Mar 3	4:30- 5:15 PM
26345	Wed	Jan 6-Mar 3	6:30-7:15 PM
26346	Thu	Jan 7-Mar 4	5:30- 6:15 PM
26347	Thu	Jan 7-Mar 4	6:30- 7:15 PM

Ward Recreation Center

26352	Wed	Jan 6-Mar 3	5:00-5:45PM
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Fees: \$28.80 \$53.80 (Non-County Resident)

26348	Fri	Jan 8-Feb 26	12:30- 1:15 PM
26349	Fri	Jan 8-Feb 26	6:30- 7:15 PM
26350	Sat	Jan 9-Feb 27	11:00-11:45 AM
26351	Sat	Jan 9-Feb 27	2:30- 3:15 PM

5-Year Old Classes

Gym Kids – Age 5

For boys & girls age 5. The class is an introduction to basic Gymnastics positions, skills, and activities on all pieces of apparatus

Fees: \$43.20 \$68.20 (Non-County Resident)

26387	Mon	Jan 4-Mar 1	3:30- 4:25 PM
26388	Mon	Jan 4-Mar 1	5:30- 6:25 PM
26389	Tue	Jan 5-Mar 2	6:30- 7:25 PM
26390	Wed	Jan 6-Mar 3	3:30- 4:25 PM
26391	Wed	Jan 6-Mar 3	5:30- 6:25 PM
26392	Thu	Jan 7-Mar 4	4:30- 5:25 PM
26393	Thu	Jan 7-Mar 4	5:30- 6:25 PM
26394	Thu	Jan 7-Mar 4	6:30- 7:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26395	Fri	Jan 8-Feb 26	4:30- 5:25 PM
26396	Fri	Jan 8-Feb 26	5:30- 6:25 PM
26397	Sat	Jan 9-Feb 27	9:00-9:55 AM
26398	Sat	Jan 9-Feb 27	10:00-10:55 AM
26399	Sat	Jan 9-Mar 6	2:30- 3:25 PM

Gymnastics

Boys Classes

Boys Gymnastics - Level 1- age 6-8

For boys ages 6-8. The class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, basic supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

Fees: \$43.20 \$68.20 (Non-County Resident)

26407	Mon	Jan 4- Mar 1	3:30- 4:25 PM
26404	Mon	Jan 4- Mar 1	5:30- 6:25 PM
26405	Tue	Jan 5- Mar 2	3:30- 4:25 PM
26406	Tue	Jan 5- Mar 2	4:30- 5:25 PM
27316	Wed	Jan 6- Mar 3	3:30- 4:25 PM
26408	Thu	Jan 7- Mar 4	3:30- 4:25 PM
26409	Thu	Jan 7- Mar 4	4:30- 5:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26410	Fri	Jan 8-Feb 26	5:30- 6:25 PM
26411	Fri	Jan 9-Feb 27	11:00-11:55 AM

Boys Gymnastics - Level 1- age 9+

For boys ages 9 and up. The class introduces beginner level skills on all pieces of apparatus. Skills include rolls and handstands on floor, basic supports, swings, hangs, casts on pommel horse, high bar, parallel bars, and rings.

Fees: \$43.20 \$68.20 (Non-County Resident)

26412	Wed	Jan 6-Mar 3	6:30- 7:25 PM
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Boys Gymnastics - Level 2 - age 6+

For boys ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class continues beginner level skills on all pieces of apparatus. Skills include handstands & cartwheels on floor, supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

Fees: \$43.20 \$68.20 (Non-County Resident)

26414	Tue	Jan 5- Mar 2	5:30- 6:25 PM
26415	Wed	Jan 6- Mar 3	4:30- 5:25 PM
26416	Thu	Jan 7- Mar 4	5:30- 6:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26417	Fri	Jan 8-Feb 26	4:30- 5:25 PM
26418	Fri	Jan 8-Feb 26	4:30- 5:25 PM

Boys Gymnastics - Level 3 - age 6+

For boys ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class introduces intermediate level skills on all pieces of apparatus. Skills include round-offs & springs on floor, supports, swings, leg swings, hangs, and circles on pommel horse, high bar, parallel bars, and rings.

Fees: \$43.20 \$68.20 (Non-County Resident)

27438	Mon	Jan 4-Mar 1	4:30- 5:25 PM
26444	Wed	Jan 6-Mar 3	5:30- 6:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26418	Fri	Jan 8-Feb 26	6:30-7:25 PM
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Boys Gymnastics - Level 3/4 - age 6+

For boys age 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class combines Level 3 and Level 4 skills on all pieces of apparatus. Skills include handsprings and saltos on floor, supports, swings, leg swings, leg cuts, hangs, and circles on pommel horse, high bar, parallel bars, and rings.

Fees: (1.5 hr. class) \$63.00 \$88.00 (Non-County Resident)

26445	Mon	Jan 4-Mar 1	6:30- 8:00 PM
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Girls Classes

Girls Gymnastics - Level 1- age 6-8

For girls ages 6-8. The class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, walks & changes of level on balance beam, supports and casts on uneven bars, and running & board drills on vault.

Fees: \$43.20 \$68.20 (Non-County Resident)

26446	Mon	Jan 4-Mar 1	4:30-5:25 PM
26447	Mon	Jan 4-Mar 1	6:30- 7:25 PM
26448	Tue	Jan 5-Mar 2	3:30- 4:25 PM
26449	Tue	Jan 5-Mar 2	4:30- 5:25 PM
26450	Wed	Jan 6-Mar 3	4:30- 5:25 PM
26451	Thu	Jan 7-Mar 4	3:30- 4:25 PM
26452	Thu	Jan 7-Mar 4	5:30- 6:25 PM
26453	Thu	Jan 7-Mar 4	6:30- 7:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26454	Fri	Jan 8-Feb 26	3:30- 4:25 PM
26455	Fri	Jan 8-Feb 26	4:30- 5:25 PM
26456	Fri	Jan 8-Feb 26	6:30- 7:25 PM
26457	Sat	Jan 9-Mar 6	9:00- 9:55 AM
26458	Sat	Jan 9-Mar 6	10:00-10:55 AM
26459	Sat	Jan 9-Feb 27	12:30-1:25 PM
26460	Sat	Jan 9-Feb 27	2:30- 3:25 PM

Gymnastics

Girls Classes continued

Girls Gymnastics - Level 1 - age 9+

For girls ages 9 and up. The class introduces beginner level skills on all pieces of apparatus. Skills include rolls and handstands on floor, walks and changes of level on balance beam, supports and casts on uneven bars, and running and board drills on vault.

Fees: \$43.20 \$68.20 (Non-County Resident)

26469	Tue	Jan 5-Mar 2	5:30- 6:25 PM
26470	Wed	Jan 6-Mar 3	6:30- 7:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26471	Sat	Jan 9-Feb 27	11:00-11:55 AM
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Girls Gymnastics - Level 2 - age 6-8

For girls ages 6-8. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class continues beginner level skills on all pieces of apparatus. Skills include handstands and cart wheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running and board drills on vault.

Fees: \$43.20 \$68.20 (Non-County Resident)

26461	Mon	Jan 4-Mar 1	4:30- 5:25 PM
26462	Mon	Jan 4-Mar 1	5:30- 6:25 PM
26463	Tue	Jan 5-Mar 2	6:30- 7:25 PM
26464	Wed	Jan 6-Mar 3	4:30- 5:25 PM
26465	Thu	Jan 7-Mar 4	4:30- 5:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26466	Fri	Jan 8-Feb 26	3:30- 4:25 PM
26467	Fri	Jan 8-Feb 26	5:30- 6:25 PM
26468	Sat	Jan 9-Mar 6	1:30- 2:25 PM

Girls Gymnastics - Level 2 - age 9+

For girls ages 9 and older. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class continues beginner level skills on all pieces of apparatus. Skills include handstands and cartwheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running and board drills on vault.

Fees: \$43.20 \$68.20 (Non-County Resident)

26472	Wed	Jan 6-Mar 3	5:30- 6:25 PM
26473	Thu	Jan 7-Mar 4	6:30- 7:25 PM

Girls Gymnastics - Level 3 - age 6+

For girls ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class introduces advanced beginner and intermediate level skills on all pieces of apparatus. Skills include round-offs and walkovers on floor, mounts, dismounts, and turns on balance beam, sole circles and squats on uneven bars, and body position drills on vault.

Fees: \$43.20 \$68.20 (Non-County Resident)

26474	Mon	Jan 4-Mar 1	6:30- 7:25 PM
26475	Tue	Jan 5-Mar 2	6:30- 7:25 PM
26476	Wed	Jan 6-Mar 3	5:30- 6:25 PM
26477	Thu	Jan 7-Mar 4	5:30- 6:25 PM

Fees: \$28.80 \$53.80 (Non-County Resident)

26478	Fri	Jan 8-Feb 26	4:30- 5:25 PM
26479	Sat	Jan 9-Feb 27	12:30-1:25 PM

Girls Gymnastics - Level 4/5/6 - age 6+

For girls ages 6 & older. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. The class combines intermediate level skills and introduces advanced level skills on all apparatus. Skills include handsprings on floor, leaps, turns, and cartwheels on beam, front hip circles and glide kips on bars, and handsprings on vault.

Fees: (1.5 hr. class) \$63.00 \$88.00 (Non-County Resident)

26480	Mon	Jan 4-Mar 1	5:30- 7:00 PM
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Fees: (1.5 hr. class) \$42.00 \$67.00 (Non-County Resident)

26481	Sat	Jan 9-Feb 27	1:30- 3:00 PM
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Fees: (2 hr. class) \$82.80 \$107.80 (Non-County Resident)

26482	Wed	Jan 6-Mar 3	6:30- 8:30 PM
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Cheer Gymnastics Classes

Cheer Gym - Beginner - age 6-8

For boys and girls age 6-8. The class focuses on the beginning Tumbling skills and jumps used in cheerleading. Students also work on balance and jumping & landing from heights.

Fees: \$43.20 \$68.20 (Non-County Resident)

26402	Mon	Jan 4-Mar 1	4:30- 5:25 PM
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Cheer Gym - Beginner - age 9+

For boys and girls age 9 and up. This class focuses on beginning Tumbling skills and jumps used in cheerleading. Students also work on balance and jumping & landing from heights.

Fees: \$43.20 \$68.20 (Non-County Resident)

26401	Tue	Jan 5-Mar 2	5:30- 6:25 PM
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Cheer Gym - Intermediate - age 6+

For boys and girls ages 6 & up. Students must have passed the requirements of the previous level or been evaluated for this level, if new to the program. This class focuses on intermediate tumbling skills heights.

Fees: \$43.20 \$68.20 (Non-County Resident)

26403	Mon	Jan 4-Mar 1	7:30- 8:25 PM
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Winter 2010