

Parent/Tot Movement

◀ Popular Class ▶

Ages 16 - 23 months

Children and their adult partners will use imagination through guided discovery of basic motor skills. This will include balancing, large muscle movements and creative playing. One parent per child.

Longfellow (lower level/recreation room)

\$33 / \$48 Non-Resident

M	10/4 - 10/25	6:00 - 6:30pm	160015-01
Sa	10/2 - 10/23	8:30 - 9:00am	160015-02
M	11/1 - 11/22	6:00 - 6:30pm	160015-03
Sa	10/30 - 11/20	8:30 - 9:00am	160015-04

Kidnastics

◀ Popular Class ▶

Ages 3 - 4

Children will learn basic motor skills, improve coordination, and develop listening skills while being introduced to basic tumbling and gymnastics equipment.

Longfellow (lower level/recreation room)

\$42 / \$57 Non-Resident

M	10/4 - 11/22	6:00 - 6:30pm	160020-01
Sa	10/2 - 11/20	10:00 - 10:30am	160020-02



Advanced Gymnastics

Learn front and back walk-overs and front handsprings. Connect tumbling and dance skills learned in Intermediate Gymnastics. Emphasis is on body control and form.

Prerequisite: Passed Intermediate Gymnastics

Longfellow (lower level/recreation room)

\$51 / \$66 Non-Resident

Sa	10/2 - 11/20	12:00 - 1:00pm	160075-01
----	--------------	----------------	-----------

Parent/Tot Tumbling

◀ Popular Class ▶

Ages 24 - 36 months

A fun class for a parent and child to build a growing relationship through the learning of basic motor skills, coordination, and tumbling. One parent per child.

Longfellow (lower level/recreation room)

\$33 / \$48 Non-Resident

Tu	10/5 - 10/26	6:00 - 6:30pm	160010-01
Sa	10/2 - 10/23	9:30 - 10:00am	160010-02
Tu	11/2 - 11/23	6:00 - 6:30pm	160010-03
Sa	10/30 - 11/20	9:30 - 10:00am	160010-04

Advanced Kidnastics

Ages 3 - 4

For children who have participated in the Kidnastics program. Build upon various skills taught in Kidnastics and concentrate on better control and form in tumbling skills.

Longfellow (lower level/recreation room)

\$42 / \$57 Non-Resident

Tu	10/5 - 11/23	6:00 - 6:30pm	160030-01
Sa	10/2 - 11/20	11:00 - 11:30am	160030-02

Beginner Gymnastics

Learn various types of cartwheels, dance skills, handstand skills, and round-offs. Concentrate on body control and strengthening.

Prerequisite: Passed Pre-Beginner Gymnastics

Longfellow (lower level/recreation room)

\$46 / \$61 Non-Resident

Sa	10/2 - 11/20	10:30 - 11:15am	160050-01
----	--------------	-----------------	-----------

Power Tumbling

Focus on advanced tumbling skills including front and back tucks, aerials, and continue working on front and back handsprings variations. Connect advanced tumbling skills while maintaining body control and form.

Prerequisite: Passed Advanced Gymnastics

Longfellow (lower level/recreation room)

\$51 / \$66 Non-Resident

M	10/4 - 11/22	7:00 - 8:00pm	160080-01
---	--------------	---------------	-----------

Residents: Register August 17 for the classes on these pages! (Non-resident registration begins September 2.)

Spectators are invited to attend scheduled Open House. No observation at other times. This ensures a good learning environment without distractions.

Pre-Beginner Gymnastics

◀ Popular Class ▶

Ages 5 - 6

Learn backward rolls, cartwheels and handstands. Enhance coordination and body strength.

Requirement: Must be able to do a forward roll unassisted.

Longfellow (lower level/recreation room)

\$46 / \$61 Non-Resident

M	10/4 - 11/22	7:00 - 7:45pm	160040-01
Tu	10/5 - 11/23	7:00 - 7:45pm	160040-02
Sa	10/2 - 11/20	8:45 - 9:30am	160040-03

Intermediate Gymnastics

Learn various advanced handstand skills, and start front and back handsprings. Concentrate on body control and strengthening.

Prerequisite: Passed Beginner Gymnastics

Longfellow (lower level/recreation room)

\$51 / \$66 Non-Resident

Sa	10/2 - 11/20	11:45am - 12:45pm	160070-01
----	--------------	-------------------	-----------

Jr. Prep Gymnastics

Ages 10 - 17

Designed for middle and high school participants who need to work on beginner or intermediate skills and are not comfortable in the Beginner, Intermediate or Advanced classes. Learn new skills on the floor, beam, uneven bars, and vault. Coaches will work each class period to improve dance and tumbling skills at each student's pace.

Longfellow (lower level/recreation room)

\$51 / \$66 Non-Resident

Tu	10/5 - 11/23	7:00 - 8:00pm	160110-01
----	--------------	---------------	-----------