

# BOYS' RECREATIONAL GYMNASTICS SUMMER SESSION



June 26 - August 25, 2017

Jason Hebert, Program Coordinator

Co-Head Coach, Boys Gymnastics Team, x 23

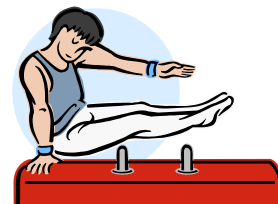
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Bob Kayser, Co-Head Coach, Boys' Gymnastics Team, x 25

WORLD CUP GYMNASTICS

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TIME	MONDAY (9 weeks)	TUESDAY (8 weeks)	WEDNESDAY (9 weeks)	THURSDAY (9 weeks)	SUNDAY (9 weeks)
4:00-4:55	Rec. I 5 – 6 yrs.	Rec. I 5 – 6 yrs.	Rec. I 5 – 6 yrs.		9:00 – 9:55 Ninja Warriors (Ages 6-9 & 10-14)
	Rec. II 7+ yrs.		Rec. II 7+ yrs.	Rec. II 7+ yrs.	10:00 – 10:55 Ninja Warriors (Ages 6-9 & 10-14)
4:00-5:30		<b>Rec. II Adv. (Invitation only) 7+ yrs.</b>		<b>Rec. II Adv. (Invitation only) 7+ yrs.</b>	

Classes in bold are by invitation only.

## REC. I (5 – 6 yrs.)

In this class for children in kindergarten and first grade, we introduce new skills and techniques that build on those they have learned in our Preschool program. They learn new ways to roll, improve their cartwheels and strengthen their muscles using stations and drills designed for their ages and abilities. We include a variety of challenges (i.e. eye/hand and eye/foot coordination, balance, etc.) that will enhance any sport a child may play, not just gymnastics.

## REC. II (7+ yrs.)

This 55-minute class for our older beginner gymnasts is designed to improve their flexibility and strengthen their muscles. Each class will start with a basic warm-up, and the boys then move on to the men's equipment. Because young boys usually lack the strength required for some of the gymnastics apparatus, the floor exercise and vault are emphasized most at the beginning levels.

## REC. II ADV. (7+ yrs.) (Invitation Only)

This class is for boys with an 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.

## FEES\*

(Please add annual Membership Fee of \$30.00 to each new member's tuition.)

Time	5 weeks	6 weeks	7 weeks	8 weeks	9 weeks
55 minutes	\$160.00	\$192.00	\$224.00	\$256.00	\$288.00
1.5 hours	\$201.25	\$241.50	\$281.75	\$322.00	\$362.25

\*To register for the summer session, you must sign up for a minimum of five pre-selected weeks.

Two make-ups are allowed in the Summer Session.

**PLANNING FOR FALL?** Session 1 will begin on Tuesday, September 5, 2017.