

ROMPEREE GYMNASTICS

SESSION 1

September 5, 2017 – January 28, 2018

Kimberly Bremer, Program Coordinator, Ext. 20

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WORLD CUP GYMNASTICS

160 HUNTS LANE, CHAPPAQUA, NY 10514 (914) 238-9267

Register online at www.worldcupgymnastics.com!



| TIME | MONDAY (16 weeks) | TUESDAY (20 weeks) | WEDNESDAY (19 weeks) | THURSDAY (18 weeks) | FRIDAY (18 weeks) | SATURDAY & SUNDAY |
|-------------|-----------------------------|-----------------------------|---------------------------------|-----------------------------|-----------------------------|--|
| 9:15-10:00 | ONES & TWOS 12 – 35 mos. | ONES 12 – 23 mos. | ONES & TWOS 12 – 35 mos. | TWOS 24 – 35 mos. | ONES 12 – 23 mos. | 9:00 – 10:30 OPEN GYM* |
| 10:25-11:10 | ONES 12 – 23 mos. | UNDER ONES 4 – 11 mos. | NEW MOMMY & DADDY MEET-UP | ONES 12 – 23 mos. | ONES & TWOS 12 – 35 mos. | BIRTHDAY PARTIES 11:00 – 12:30 1:15 – 2:45 3:30 – 5:00 |
| 11:35-12:20 | UNDER ONES 4 – 11 mos. | ONES 12 – 23 mos. | ONES & TWOS 12 – 35 mos. | UNDER ONES 4 – 11 mos. | ONES 12 – 23 mos. | |
| 1:15-2:00 | ONES 12 – 23 mos. | ONES & TWOS 12 – 35 mos. | UNDER ONES 4 – 11 mos. | ONES & TWOS 12 – 35 mos. | UNDER ONES 4 – 11 mos. | NEW MOMMY MEET-UP Once a Month Contact Kim for dates... 1:30-3:30 |
| 4:00-6:00 | OPEN GYM* | OPEN GYM* | OPEN GYM* | OPEN GYM* | OPEN GYM* | |

*OPEN GYM

for children 4 and under

- A time to play and explore with your child in a safe, non-structured, and fun-filled environment.
- No Registration Fee required.
- OPEN GYM costs \$14.00/hr. for the first child, \$12.00/hr. for each additional sibling, and \$10.00/hr. for current Nursery School, Romperree, and Preschool Gymnastics students.
- Discount Open Gym CARDS are available at 10 visits for \$120.00 (expires 1 year after purchase date) or Monthly (unlimited visits) for \$200.00 (expires one month after purchase date).
- OPEN GYM payments are non-transferable and non-refundable.

SIBLING POLICY

- Siblings are **NOT ALLOWED** to come to class.
- 10% discount for siblings or a second class.

MAKE UP POLICY

- World Cup Gymnastics offers three make-ups per session. Please schedule with Kim.

ROMPEREE GYMNASTICS CLASS DESCRIPTIONS

Babies grow and change every day, and suddenly you turn around and they are toddlers who love to run and jump and climb and roll! World Cup Romperree Gymnastics classes provide the perfect safe and fun-filled environment in which to do just that. Our Romperree Gymnastics program is designed to promote development for all children from 4 – 35 months at their own rates as we introduce them to sliding, rolling, and bouncing, which eventually leads to crawling, jumping, running, and swinging. We know you'll enjoy Romperree classes with Kim Bremer, our Romperree Program Coordinator, who loves to help each child have fun and feel successful as they learn and grow.

Every Romperree class lasts 45 minutes. We start with 10 – 15 minutes of circle time as Kim sings age-appropriate songs to encourage both gross motor and small motor development. Circle time is followed by 15 – 20 minutes of free play and exploration. Every class ends with another short circle activity (puppets, scarves, instruments, balls, etc.) and always includes parachute, bubbles, and stamps.

UNDER ONES (4 – 11 mos.)

Our Under Ones class introduces your child to many new and exciting sights, sounds, and movements. As we sing songs, your baby will watch and enjoy our facial expressions. As we clap our hands and snap our fingers, your baby will listen and learn about music and rhythm. As we rock and bounce and slide the children around the room, they experience different movement sensations. We even start to “shape” their bodies into basic gymnastics positions (pike, straddle, butterfly) to encourage the development of the mind/body connection and muscle memory. And, ready or not, they begin to crawl and even walk as the weeks pass and they are able to explore more on their own. As they grow and develop they begin to mimic our hand motions and



anticipate the movements that match the songs we sing during circle time. Finally, as they approach one year old, they will move constantly around the room as we help them to crawl uphill, downhill, and through tunnels, ride on and push cars, climb up and down stairs, and slide, roll, and bounce whenever the chance arises. Watch out or they might “cruise” right past you...

ONES (12 – 23 mos.)

Truly overnight a whole new world has opened up. Your baby is ONE. Circle time becomes a challenge as walking becomes an option and eventually the “norm” so we focus on songs and activities that encourage even more jumping, bouncing, dancing and constant movement. Your children begin to “request” their favorite songs and steal the show as they perform every movement and motion. We continue to introduce them to new activities as they begin to interact with each other and explore the world from an upright position. They are ready to learn to hang and swing, jump and of course run. We also focus on new gymnastic skills like pencil rolls, tucks, tunnels, and handstands as their strength and balance improve. Hold on to your hats and let the fun begin! Your one-year-old is constantly on the go, and Romperree is your perfect destination!



TWOS (24 – 35 mos.)

Our oldest class at Romperree is an unending whirlwind of activity. Our circle time will often begin standing, walking, dancing, and jumping, rather than sitting. By now, your children can do most of it on their own. They jump, dance, and sing along with every song as we watch, amazed at their boundless energy. They begin to build real friendships and join their friends while we supervise them swooping down the slide, swinging on the bars and rings, jumping in the air castle, and rolling down the hills. We also start to perfect and build on the basic gymnastics positions and skills that they've already learned (straddle, pike, butterfly, tuck, handstand) while introducing new skills to add to their movement vocabulary (tabletop, rock and roll, donkey kick, etc.). Ultimately, every child will be ready to “graduate” to our Preschool Gymnastics program next door in the “big gym” where more fun and fitness await!



NEW MOMMY & DADDY MEET-UP

Whether you just gave birth to your first or fourth child, join us for New Mommy Meet-Up. Enjoy time to meet and chat with other new moms in our Romperree Indoor Playground. This is not a structured class, but rather an opportunity to hang out with your new baby. We also invite guest speakers to come and share their “expertise” about various topics that interest parents of new babies. And it's FREE!!!



OPEN GYM (0 – 4 yrs.)

Each one hour Open Gym session provides a safe, non-structured and fun-filled space for you and your child to play and explore. Help your child hang on the bars, swing on the rings, jump on the trampoline, bounce in the air castle, and slide into the ball pit while improving both small and gross motor development. Join us! You'll have a blast!

| Time | 16 weeks | 18 weeks | 19 weeks | 20 weeks |
|---------|----------|----------|----------|----------|
| 45 Min. | \$432.80 | \$486.90 | \$513.95 | \$541.00 |

NEXT SESSION?

Session 2 will begin on Monday, January 29, 2018

ROMPEREE PARTIES (1 – 3 yrs.)

Enjoy our facility for 90 minutes of Birthday Party fun! Each party begins with 55 minutes of supervised Romperree Gym time including an energetic and entertaining circle time and ending with parachute, bubbles and stamps, followed by 35 minutes in our private Party Room. For more information or to reserve a date, call (914) 238-4967.