

# December 2018—Youth Gymnastics & Tumbling



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Children will learn the FUN-damentals of gymnastics & tumbling in this energetic and quick-paced class! Boys and girls will be taught the proper stretching and lead-up drills to ensure safety, as well as build strength, flexibility, and spatial awareness.

## Parent - Tot Gymnastics

Tuesdays 12/4 - 12/18 18 months - 3 Years Old Time: 9:00- 9:45am Code: 302010-A

## Pre - Kinder Tots Gymnastics

Tuesdays 12/4 - 12/18 3 & 4 Year Olds Time: 9:45 - 10:30am Code: 302010-B  
Mondays 12/3 - 12/17 3 & 4 Year Olds Time: 4:00- 4:45pm Code: 302010-C

## School Aged Gymnastics

Mondays 12/3 - 12/17 5 - 9 Year Olds Time: 4:45 - 5:30pm Code: 302010-D

## Rhythmic Acro Combo

Mondays 12/3- 12/17 6 - 12 Year Olds Time: 5:30 - 6:15pm Code: 302010-E

Students should wear comfortable, non-baggy clothing such as shorts & t-shirt for boys, and leotards/shorts for girls. Long hair should be pulled back away from face with soft hair ties-no hard clips.



### Instructor Bio - Ellen McDermott

Ellen has been involved with the sport of gymnastics for 20+ years as an athlete, coach, choreographer, and judge. She loves teaching all levels, and aspects of gymnastics to boys & girls, and is a current professional member of USA Gymnastics.

Fees for each 3 week session  
**\$24.00 Resident / \$30.00 Non-Resident**  
Min/Max : 6/12

- 3 week Mini-Session •
- Coming in January 2019 the CRWC will be offering 6-week classes. Look for more info soon! •