

# 2019—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 01/29 - 02/26 18 months - 3 Years Old Time: 9:00- 9:45am Code: 302010-F

## Pre - Kinder Tots Gymnastics

Tuesdays 01/29 - 02/26 3 & 4 Year Olds Time: 9:45 - 10:30am Code: 302010-G  
Mondays 01/28 - 03/04 3 & 4 Year Olds Time: 4:00- 4:45pm Code: 302010-H

## School Aged Gymnastics

Mondays 01/28 - 03/04 5 - 9 Year Olds Time: 4:45 - 5:30pm Code: 302010-I

## Rhythmic Acro Combo

Mondays 01/28- 03/04 6 - 12 Year Olds Time: 5:30 - 6:15pm Code: 302010-J

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 5 week session  
**\$40.00 Resident / \$48.00 Non-Resident**  
Min/Max : 6/12  
**\*NO CLASS MONDAY Feb. 18th \***