

# GYMNASTICS DEPARTMENT NEWSLETTER



26000 Lorain Road  
North Olmsted, Ohio 44070  
440-734-8200  
www.north-olmsted.com

WINTER I

JANUARY 2<sup>ND</sup> – FEBRUARY 11<sup>TH</sup>

## Preschool Classes

### Tiny Twinklers - Ages walking to 2 (Formerly Tiny Tumblers)

In this class, you will assist your child with the adventure of discovering what their bodies are capable of doing. Your child will explore their balance and coordination while they climb, roam, tumble, play, and interact with other toddlers.

Wednesday ..... 10:00-10:45 AM  
Saturday ..... 9:15-10:00 AM

Class Fee ..... \$78.00                      Resident Discount ..... \$70.00

### Spunky Sparklers – Ages 2 to 3 (Formerly Tot Tumblers)

In this class, you will assist your child with the adventure of discovering themselves in an environment where your child can climb, jump and explore, and tumble. Your child will begin to learn how to practice gymnastics skills with your assistance while focusing on listening, turn taking and following directions.

Tuesday ..... 10:00-10:45 AM  
Thursday ..... 10:00-10:45 AM  
Saturday ..... 9:15-10:00 AM

Class Fee ..... \$78.00                      Resident Discount ..... \$70.00

### Red Firecrackers- Age 3 (Formerly Mini Tumblers)

Monday ..... 6:15-7:00 PM  
Tuesday ..... 11:00-11:45 AM  
Thursday ..... 11:15-12:00 PM

Class Fee ..... \$88.00

### Blue Firecrackers- Ages 4 to 5 (Formerly Mini Tumblers)

Monday ..... 6:00-7:00 PM  
Wednesday ..... 1:00-2:00 PM  
Wednesday ..... 6:00-7:00 PM  
Thursday ..... 11:00-12:00 PM  
Saturday ..... 9:00-10:00 AM

Resident Discount ..... \$80.00

### All About Me- Ages 2<sup>1/2</sup> to 3<sup>1/2</sup>

This class is for the independent toddler that is ready to separate from their parent for a short time. Your child will develop a better understanding of themselves, build confidence, and become more independent through age-appropriate activities and gymnastics.

Wednesday ..... 11:00-11:45 AM

Class Fee ..... \$88.00                      Resident Discount ..... \$80.00

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## Recreational Classes- Ages 6 and up

In our Recreational Program, students are introduced to the four apparatus along with TumbITrak. Students are evaluated and progress through the levels as skill requirements are met.

### Beginner Level

Monday.....7:00-8:00 PM  
Tuesday.....4:15-5:15 PM  
Thursday.....5:15-6:15 PM  
Friday.....7:15-8:15 PM  
Saturday.....10:15-11:15 AM

Class Fee.....\$88.00

### Advanced Beginner Level

Monday.....4:45-5:45 PM  
Tuesday.....5:15-6:15 PM  
Thursday.....4:15-5:15 PM  
Friday.....7:15-8:15 PM  
Saturday.....11:15-12:15 PM

Resident Discount.....\$80.00

### Intermediate Level

Monday.....4:00-5:30 PM  
Wednesday.....7:00-8:30 PM  
Friday.....5:30-7:00 PM  
Saturday.....12:30-2:00 PM

Class Fee.....\$103.00

### Advanced Intermediate Level

Monday.....7:00-8:30 PM  
Wednesday.....4:00-5:30 PM  
Friday.....7:00-8:30 PM  
Saturday.....2:30-4:00 PM

Resident Discount.....\$95.00

## TUMBLING CLASSES

No gymnastics experience necessary! Students will learn the fundamental skills and drills necessary to safely progress to a back handspring. In addition, students will work on building strength, improving flexibility, and learning/improving skills such as cartwheels, round-offs, and bridge kick-overs. Perfect for cheerleaders!

### Tumbling I

No experience necessary

Monday.....7:15-8:15 PM  
Tuesday.....6:15-7:15 PM

Class Fee.....\$88.00

### Tumbling II

Evaluation or instructor approval required

Wednesday.....7:00-8:00 PM

Resident Discount.....\$80.00

### Tumbling III

Evaluation or instructor approval required

Wednesday.....8:00-9:00 PM

## Registration Information

Registration Begins: December 12, 2016

Registration Deadline: December 31, 2016

Register one student for two classes within the same session and receive a discount on your second class fee.

### Don't Close a Great Program!

Great classes are sometimes cancelled due to late registration. If enrollment is not at our established minimum prior to the first day of class, we will cancel or combine the class. Please register early for all programs!

## Birthday Parties!

At our birthday parties, we emphasize fun and fitness! Parties are two hours long with the first hour being devoted to games, obstacles courses, and time on the equipment under the supervision of a gym coach. The second hour is for opening presents and enjoying refreshments in the party room. Parties start at \$175.00. Please call the gym office for more details at 440. 734. 8200, x6.