



# Winter 2010 Schedule

**January 4th – March 6th (8 Weeks)**

## TUMBLE TYKES SPORTS CLASS

### (Parent Tot)

This class is designed for toddlers, Children learn muscle control balance and coordination while having fun and building self confidence.

**Ages 2-3** years-class includes movement & music, tumbling, obstacle course a specific sport skill, an adventure, bubbles & parachute play.

**Ages 1-3** years- class includes movement & music, tumbling obstacle course, ball time, adventure, bubbles & parachute play. **Parent participation required.**

<u>ages 1-3</u>	<u>ages 2-3</u>
Thu 9:30	Mon 10:30
Thu 1:15	Tues 10:30
Fri 9:30	Wed 9:30
Sat 9:00	Fri 10:30
	<u>ages 1-2</u>
	Wed 10:30

## Gymnastics

**ages 3-5, 4-6, & 6-9 years**

This non competitive gymnastics class, combines use of the four events in gymnastics: floor, bars, beam and vault. Children will learn basic skills in gymnastics as well as help improve their balance, coordination, muscle control and confidence. Age appropriate curriculum is rotated every two weeks, as well as fun obstacle courses and games.

<u>ages 3-4-5</u>	<u>ages 4-6</u>
Mon. 9:30	Mon 1:15
Tues 4:30	Thurs 3:30
Wed: 10:30	<u>ages 6-9</u>
Wed: 1:15	Mon 4:30
Thurs: 10:30	Tues 3:30

## Sports

**ages 3-5 years**

Every week children are taught a different sport. Baseball, basketball Football, soccer, hockey, volleyball, tennis and lacrosse are covered in this class. The basic rules and skills of these games are taught to the children in a fun and non competitive environment. Obstacle courses and Games are also used to help children learn more about the sports they are taught in the class.

<u>ages 3-4-5</u>
Mon 10:30
Tues 10:30
Wed 9:30
Thurs. 9:30
Fri. 9:30 & 10:30

## COMBO

**ages 3-5, 4-6, & 6-9 years**

This class is great for the child who loves **both sports and gymnastics**. Every week there will be a tumbling obstacle course or bar obstacle course for gymnastics and a different sport. Featured sports are soccer, basketball, baseball, hockey, lacrosse, tennis, football, volleyball. It is a great combination for your active child that likes to move around. Also obstacle courses and games are used to make this class extra fun.

<u>ages 3-5</u>	<u>ages 4.5-6</u>
Tues. 9:30	Wed 3:30
Wed 11:45	
Thurs: 9:30	
Sat: 10:00	
<u>ages 6-9</u>	
Wed: 4:30	

## Pre Team Gymnastics

**ages 4-6 & 6-9 years**

A class for the more serious student. This class is skill driven and Involves all 4 events without the competition of team gymnastics. Students must test into class.

<u>ages 6-9</u>
Tues. 3:30(Beginner)
Thurs 4:30(Advanced)
<u>ages 4-6</u>
Fri. 1:15 (Beginner)

## Cheer!

**ages 4-6 & 6-9 years**

This is a non-competitive class that combines cheerleading and tumbling. Children learn gymnastics skills relating to cheerleading as well as a cheer dance, cheer chants and jumps. This class is sure to prepare anyone for any cheerleading team.

<u>ages 4-6</u>
Mon. 3:30
Fri. 1:15
<u>ages 6-9</u>
Mon. 4:30