

# GYMNASTICS

with  
Mr. Yosuke Kinoshita



 REGISTER



**Gymnastics** is a chance for students to have fun and improve athletic abilities by performing various movements with bars, balance and spring boards. Gymnastics uses Air Track gymnastics tumble mats in all classes.

**Beginners Class:** Students will learn how to cartwheel, running cartwheel, and front hand springs in order, as well as using the bars, balance and spring boards.

### **Power Tumbling Class:**

Advanced students who can perform a front hand spring as prerequisite.

In this class, the instructor will teach back hand springs and back flips/tucks with stick landings.

## **Mondays**

- Beginners A (Ages 5-7) • 5-6 p.m. • \$72
- Beginners A (Ages 8-10) • 6-7 p.m. • \$72

## **Wednesdays**

- Tiny Tots A (Ages 3-5) • 3:15-3:45 p.m. • \$48
- Tiny Tots B (Ages 3-5) • 3:45-4:15 p.m. • \$48
- Beginners B (Ages 8-10) • 5-6 p.m. • \$72
- Power Tumbling (Ages 10+) • 6-7 p.m. • \$72

## **Thursdays**

- Tiny Tots A (Ages 3-5) • 3:15-3:45 p.m. • \$48
- Tiny Tots B (Ages 3-5) • 3:45-4:15 p.m. • \$48
- Beginners B (Ages 5-7) • 5-6 p.m. • \$72
- Beginners (Ages 10+) • 6-7 p.m. • \$72

**\*To register, please contact Parent Central Services (PCS) at 263-4125.  
For additional info, contact Youth Sports & Fitness at 262-6137.**