

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.**