

WE CAN TOGETHER



Winter 2022
Jan. 3- Feb. 19
Registration Open:
Members- Dec. 21
Non-Members- Dec. 28

Spring 1 2022
Feb. 28- April 23
Registration Open:
Members- Feb. 8
Non-Members- Feb. 15

Spring 2 2022
April 25- June 11
Registration Open:
Members- April 5
Non-Members- April 12

Gymnecricket (1.5-3 years)

Preschool classes will need one parent or adult to aid the gymnast during class. Preschool classes will be held in the Jr. Gymnastics Training Center located in the lower level.

Staff will direct parents and children through activities that develop gross motor skills, improve listening skills and accommodate short attention spans. Children will enhance motor development, coordination, poise and agility while learning age-appropriate gymnastics skills. This is a parent/child class.

Member Fee: \$47 Non-Member Fee: \$59
 Monday 4:45-5:15pm
 Monday 5:35-6:05pm
 Tuesday 4:30-5:00pm

Kinder Gymnastics (3- 5 years) Parent/Child

Increases self-confidence as a mover, improves coordination and agility. With structured lesson plans your child will learn basic skills on vault, balance beam, floor exercise, kinder trampoline, and kinder bars. **Parent/adult must aid in all Kinder level classes.**

Member Fee: \$47 Non-Member Fee: \$59
 (Successful completion of prior class to move to next level)
Kinder 1 (3-4 years)

Monday 6:25-6:55pm
 Tuesday 5:20-5:50pm
 Wednesday 5:50-6:20pm
 Thursday 4:30-5:00pm

Kinder Gymnastics (3- 5 years) Parent/Child

Kinder 2 (4-5 years)

A continuation of learned skills from Kinder-1 gymnastics. Gymnasts will continue to build basic skills and body awareness on all equipment.

Member Fee: \$52 Non-Member Fee: \$63
 Wednesday 4:45-5:30pm
 Thursday 6:25-7:10pm

Kinder 3 (4-5 years)

(Successful completion of Kinder-2 required or previous experience)

Member Fee: \$52 Non-Member Fee: \$63
 Tuesday 6:10-6:55pm
 Thursday 5:20-6:05pm

Gymtricks (5 years and up Co-ed)

A class for children ages 5 and older who have never taken gymnastics classes before or has very limited experience. Gymnasts in this class will learn the basic fundamentals on all four pieces of equipment – Vault, Uneven Bars, Balance Beam, and Floor Exercise.

Member Fee: \$73 Non-Member Fee: \$89
 Monday 4:15-5:15pm
 Monday 5:30-6:30pm
 Wednesday 4:15-5:15pm
 Saturday 9:30-10:30am
 Saturday 10:45-11:45am

This is not a Wausau Schools sponsored activity and the opinions expressed are not necessarily those of the district or its personnel.

**Other Side for
 Junior Olympics
 Classes >>**

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Junior Olympics (Coed 5 years and up)



SCHOOL AGE GYMNASTICS

Gymnasts will learn appropriate Junior Olympic skills for levels 1, 2, and 3 in gymnastics on all four pieces of equipment. Classes will enhance motor development, coordination, poise and agility, while building self-confidence and athletic development for all sports.

All classes will be held in the Gymnastics Center at the Wausau Branch.

REQUIREMENTS:

- JO-1 Gymnast should be able to do a handstand against the wall and a cartwheel. On bars the gymnast should be able to do a pull-up and lift legs to the bars.
- JO-2 Gymnast should be able to do a handstand on floor and a bridge with STRAIGHT arms to kick over with feet elevated on a raised surface. On bars gymnast should be able to do a pull up/pull over.
- JO-3 Gymnast should be able to do a handstand on floor alone, bridge and kick over with straight arms from the floor, and round-off with correct hurdle. On bars the gymnast should be able to do a pull up pull over and glide swing holding feet up.

Member Fee: \$73

Non-Member Fee: \$89

Junior Olympic - 1

Monday	4:15-5:15pm
Monday	5:30-6:30pm
Wednesday	4:15-5:15pm
Wednesday	5:30-6:30pm
Saturday	12:00-1:00pm

Junior Olympic - 2

Tuesday	11:30am-12:30pm
Tuesday	4:30-5:30pm
Wednesday	5:30-6:30pm
Saturday	9:30-10:30am
Saturday	10:45-11:45am

Junior Olympic - 3

Thursday	4:30-5:30pm
Saturday	12:00-1:00pm

