

## TUMBLE TOGETHER

Ages 18 months-4 years and one adult per child. Explore gymnastics together and develop balancing, jumping, rolling, climbing and hanging skills. Class starts with a group activity, followed by tumbler/adult pairs rotating through equipment stations. Learn gymnastics vocabulary and how to work safely in a gym.

**Highland Park HS • 6 Sessions • \$48**

**201WF • Sat Feb 15 • 8:00-8:30AM**

**201WG • Sat Feb 15 • 8:35-9:05AM**

**Highland Park HS • 7 Sessions • \$56**

**201WE • Tue Feb 11 • 6:30-7:00PM**

## TUMBLE TRANSITIONS

Ages 3-4. Learn basic gymnastic skills, body awareness, group activities, problem solving, following directions and gymnastic vocabulary. Child must be toilet trained and comfortable without a parent in the room. The parent/guardian will be in the class with the child for the first 5-10 minutes, including the stretching portion. Parents will then leave the gym and child will continue. The purpose of this class is to help tentative children transition to being in class without the parent.

**Highland Park HS • 6 Sessions • \$48**

**262WA • Sat Feb 15 • 9:15-9:45AM**

**262WD • Sat Feb 15 • 11:30AM-12:00PM**

**Highland Park HS • 7 Sessions • \$56**

**262WC • Tue Feb 11 • 5:30-6:00PM**

## TUMBLE BEES

Ages 3-4. Learn basic gymnastic skills, body awareness, group activities, problem solving, following directions and gymnastic vocabulary. Child must be toilet trained and comfortable without a parent in the room.

**Highland Park HS • 6 Sessions • \$60**

**202WG • Sat Feb 15 • 9:50-10:35AM**

**202WC • Sat Feb 15 • 10:40-11:25AM**

## BEGINNER I

Ages 5-14 with little or no previous gymnastic experience. Learn the basics of floor exercise, uneven bars, balance beam, vault and dance.

**Highland Park HS • 6 Sessions • \$66**

**203WE • Sat Feb 15 • 9:15-10:05AM**

**203WF • Sat Feb 15 • 10:10-11:00AM**

**203WN • Sat Feb 15 • 12:10-1:00PM**

**Highland Park HS • 7 Sessions • \$77**

**203WD • Tue Feb 11 • 5:30-6:20PM**

**203WH • Tue Feb 11 • 7:05-7:55PM**

## BEGINNER II

Ages 5-14 with a minimum of 2 sessions previous gymnastic experience, as well as coach recommendation. Learn more of the basics of floor exercise, uneven bars, balance beam, vault and dance.

**Highland Park HS • 6 Sessions • \$66**

**219WE • Sat Feb 15 • 11:05AM-12:05PM**

**219WG • Sat Feb 15 • 12:00-1:00PM**

**Highland Park HS • 7 Sessions • \$77**

**219WD • Tue Feb 11 • 7:05-8:05PM**

## INTERMEDIATE

Ages 5-14. Coach approval required. No class

**Highland Park HS • 7 Sessions • \$77**

**218WC • Thu Feb 13 • 5:30-6:30PM**

## ADVANCED

Ages 6-14. Coach approval required.

**Highland Park HS • 7 Sessions • \$84**

**204WD • Thu Feb 13 • 6:30-8:00 PM**

## **JUNIOR FLIPS**

For gymnasts who are progressing at an advanced level. Coach approval required.

**Highland Park HS • 7 Sessions • \$77**

**206WB • Thu Feb 13 • 5:30-6:30PM**

## **FLIPS**

For gymnasts who are progressing at an advanced level. Coach approval required.

**Highland Park HS • 7 Sessions • \$98**

**207WD • Thu Feb 13 • 6:30-8:30PM**

## **ACCESSIBLE GYMNASTICS**

Gymnastics class for participants with developmental disabilities. This is a structured class designed for youth ages 6-10 that would benefit from a smaller class size with more individual attention. We will work on body awareness, stretching and movement. Parent/Guardian participation required.

**Highland Park HS • 6 Sessions • \$48**

**217WA • Sat Feb 15 • 1:20-1:50PM**

## **MIDDLE SCHOOL & HIGH SCHOOL GYMNASTICS**

For ages 12-18. No experience necessary. Coaches will differentiate for different skill levels. No Class Feb 17

**Highland Park Senior HS • 6 Sessions • \$84**

**222WA • Mon Feb 10 and 24 • 6:00-8:00PM**

- **Beginning Mon March 3 • 5:30-7:30PM**