

Pre-School Gymnastics



Tiny Tumblers

Ages walking to 2 years of age

Come join us in the gym for this exciting program designed for toddlers.

This program includes: music, hoops, tunnels, bars, scooters, mini tramp, parachutes and more.

So come tumble, climb and just have fun

With mom or dad.

This class develops socialization and aids coordination and balance.

Wednesday 10:00 – 10:45 A.M.

Saturday 9:15– 10:00 A.M.

Resident Card Holders pay \$58.00

All Others pay \$66.00

Tot Tumblers

Ages 2-3 ½ years of age

Designed specifically for the older toddler, includes criteria from Tiny Tumblers with the addition of basic instruction in tumbling skills as the child shows readiness.

Child must be accompanied by a parent.

Tuesday 10:00 - 10:45 A.M.

Thursday 10:00 - 10:45 A.M.

Saturday 9:15 – 10:00 A.M.

Resident Card Holders pay \$58.00

All others pay \$66.00

All About Me

Ages 2 ½-3 ½ years of age

This exciting program will combine gymnastics, creative movement, music and age appropriate activities. Students will develop a better understanding of themselves, release energy and build confidence.

Wednesday 11:00 AM-12:00PM

Resident Card Holders pay \$68.00

All others pay \$76.00

Mini Tumblers

Ages 3-5 years of age

Get your preschooler into the swing of things early. Basic gymnastic instruction on equipment including bars, balance beams, springboard, tumble trak and more. A confidence building and readiness program for any sport.

Mini Tumblers Age 3

Monday 6:15 - 7:00 P.M.

Tuesday 11:00 - 11:45 A.M.

Thursday 11:15 A.M. -12:00P.M.

Mini Tumblers Ages 4 and 5

Monday 6:00 - 7:00 P.M.

Wednesday 1:00 - 2:00 P.M.

Wednesday 6:00 - 7:00 P.M.

Thursday 11:00 A.M. – 12:00P.M.

Resident Card Holders pay \$68.00

All others pay \$76.00

Preschool Observation Policy

Parents may observe the first and last class of each six week session that is not a parent involved class. We find children derive more from the class without the presence of parents and siblings.

Gymnastic Classes



The following classes are designed for ages 6 and up to develop abilities and techniques in various gymnastic skills.

Gymnastics

Basic training includes: balance beam, uneven bars, floor and springboard. Students are evaluated and progress through several levels as specific functional skills are acquired.

Beginners

Monday 4:45 - 5:45 P.M.

Tuesday 4:15 - 5:15 P.M.

Thursday 5:15 - 6:15 P.M.

Saturday 11:15 A.M. - 12:15 P.M.

Resident Card Holders pay \$68.00

All others pay \$76.00

Advanced Beginner

With instructor approval

Tuesday 5:15 - 6:15 P.M.

Wednesday 5:00 - 6:00 P.M.

Thursday 4:15 - 5:15 P.M.

Saturday 10:15 - 11:15 A.M.

Resident Card Holders pay \$68.00

All others pay \$76.00

Intermediate

With instructor approval

Monday 4:00 - 5:30 P.M.

Friday 5:30 - 7:00 P.M.

Saturday 12:30 – 2:00 P.M.

Resident Card Holders pay
\$83.00 once a week/\$123.00 twice a week

All others pay
\$91.00 once a week/\$131.00 twice a week



Tumbling

Students will work on basic tumbling skills. Conditioning and drills will be used to help in skill progression. Perfect for Cheerleaders!

Ages 7-11

Monday 7:00 - 8:00 P.M.

Ages 12 and up

Wednesday 7:00 - 8:00 P.M.

Advanced Tumbling

Must have back handspring

Wednesday 8:00 - 9:00 P.M.

Resident Card Holders pay \$68.00

All Others pay \$76.00

Team Information

We have an excellent competitive program with teams training and competing Levels 3-9. Our teams participate in both the USA Gymnastics program and the Amateur Athletic Union. Hours and fees for our teams are available by calling the Gymnastic Office at (440) 734-8200, ext. 6.

Gymnastic Facility

From preschool developmental classes to high school age competitive gymnastics, our personable, knowledgeable, and safety certified staff ensures that all participants are encouraged and challenged in a fun, positive and safe environment. We strive to develop activities that build confidence and self esteem, as well as promote fitness.

Come celebrate your Birthday with us!

The gym offers fun and exciting birthday parties for children ages 4 and up. We will provide a trained, enthusiastic teacher for these 1 ½ hour parties which will include games, relays and obstacle courses using various pieces of equipment. You provide the cake, beverage and party supplies.

Cost for the birthday party is \$130.00. This fee is based on 10 children. Each additional child is \$8.00. A \$25.00 non-refundable deposit will be required upon booking. Please contact Karrie Tipton at (440) 734-8200 for more information and bookings.

Registration Information

Resident Cardholders may begin to register starting **December 5, 2011.**

All others may register beginning **December 12, 2011.**

**The registration deadline is
December 30, 2011.**

After the deadline, a \$10.00 late fee will apply to all gym classes.

**Session runs January 2 thru February 11,
2012**

If you need more information on a class, Please call the Gymnastic Office at (440) 734-8200 ext. 6 or visit us online at www.northolmstedgymnastic.com

Gymnastics

For ages pre-school to High School



Winter Session **January 2 – February 11**

2012

North Olmsted Recreation Center
26000 Lorain Road
North Olmsted, Ohio 44070
(440) 734-8200