

4000. Co-Ed Recreational Gymnastics • For 12mo. – 8 yrs

Come join in the fun of recreational gymnastics under the direction of Miss Caleigh and staff. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. *Classes begin the week of*

September 19th for 10 weeks.

(No classes 10/10, 11/11, 11/24-11/26)

****Do not bring siblings who are not registered to class. Only registered, age appropriate children will be able to participate****

Tiny Tumblers: 12 months – 35 months

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level.

.400 Mondays Sept. 19th 9:15am - 10:00am

.401 Mondays Sept. 19th 5:15pm – 6:00pm

.402 Tuesdays Sept. 20th 9:15am - 10:00am

.403 Tuesdays Sept. 20th 5:15pm – 6:00pm

.404 Wednesdays Sept. 21st 9:15am - 10:00am

.405 Wednesdays Sept. 21st 10:05am – 10:50am

.406 Thursdays Sept. 22nd 5:15pm – 6:00pm

.407 Saturdays Sept. 24th 9:00am - 9:45am

.408 Saturdays Sept. 24th 9:50am – 10:35am

Fee: \$85 Location: Gymnastics Room

Instructors: Gymnastics Staff

Pre-School Gymnastics Classes: 3 - 4 years old without parent

****MUST BE 3 BY THE START OF THE CLASS. NO EXCEPTIONS***

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment.

.410 Mondays Sept. 19th 10:05am - 10:50am

.411 Mondays Sept. 19th 10:55am - 11:40am

.412 Mondays Sept. 19th 6:05pm – 6:50pm

.413 Tuesdays Sept. 20th 10:05am – 10:50am

.414 Tuesdays Sept. 20th 10:55am – 11:40am

.415 Tuesdays Sept. 20th 6:05pm – 6:50pm

.416 Wednesdays Sept. 21st 10:55am – 11:40am

.417 Thursdays Sept. 22nd 6:05pm – 6:50pm

.418 Saturdays Sept. 24th 10:40am – 11:25am

.419 Saturdays Sept. 24th 11:30am – 12:15pm

Fee: \$85 Location: Gymnastics Room

Instructors: Gymnastics Staff

Beginner Gymnastics Class: 5 - 8 years old

****MUST BE 5 BY THE START OF THE CLASS. NO EXCEPTIONS***

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars.

.420 Mondays Sept. 19th 6:55pm – 7:40pm

.421 Tuesdays Sept. 20th 6:55pm – 7:40pm

.422 Thursdays Sept. 22nd 6:55pm – 7:40pm

.423 Saturdays Sept. 24th 12:20pm – 1:05pm

.424 Saturdays Sept. 24th 1:20pm – 2:05pm

Fee: \$85 Location: Gymnastics Room

Instructors: Gymnastics Staff

6012.402 ADULT INTERMEDIATE TAP DANCE

Tap class is all about making music with your feet! This class is for beginner tappers who are ready for a challenge. If you have learned the basic tap steps and tap vocabulary and are ready to move at a quicker pace this class is for you. We will continue to learn and practice a variety of tap steps, short phrases, and choreography using different rhythms supported by a wide range of music.

We might even learn the shim sham (regarded as the tap dancers national anthem)

So grab your tap shoes and join the fun.

When: Mondays 9/26 – 11/14 for 8 weeks 6:40-7:25pm

Instructor: Sharon Wilhelm

Location: Room 15 **Fee:** \$60

6012.401 ADULT BEGINNERS TAP DANCE

Whether you have ever tap danced in your childhood, tap dance now, or just have always had a secret passion to learn how to Tap dance, this is the class is for you!! It is so great to make those fun clicking noises with your heels and toes!! Learn the basic fundamentals and terminology of the art of Tap dancing, such as shuffles and flaps, and then put the steps together to dance the popular and traditional tap moves, like the hit Broadway show "42nd Street".

So shuffle off the Buffalo and come join us for this exciting class for adults!!

**Please wear a hard soled shoe, or tap shoes. Flat Tap shoes are great!

When: Thursdays 9/29 – 11/17 for 8 weeks 6:30-7:15pm

Instructor: Sharon Wilhelm

Location: Room 14 **Fee:** \$60