

gymnastics

spring 2016



February 22—May 14 (No class: March 21-27)

updated February 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 am	BABY GYM 16-22 mos	PRE 4 yrs PRE 4-5 yrs	PRE 2.5-3 yrs		PRE 3 yrs PRE 4 yrs	8:45 AM YOU AND ME/ BABY GYM Combo 16- 36 mos
10:30 am	PRE 3 yrs PRE 4-5 yrs	PRE 2.5 yrs PRE 3 yrs	Boys PRE 4-5 yrs PRE 3 yrs	YOU AND ME 22-36 mos	PRE 2.5 yrs BEG 6+ yrs	9:00 AM ADV 6+ yrs (downstairs)
11:30 am		Boys PRE 4-5 yrs				9:30 AM PRE 3 yrs PRE 4 yrs PRE 5 yrs BEG 6-8 yrs
1:00 pm	PRE 3-4 yrs		PRE 4-5 yrs			
2:00 pm	PRE 4-5 yrs			PRE 4 yrs		
4:00 pm					PRE 4-5 yrs	
4:30 pm	PRE 2.5-3 yrs PRE 4-5 yrs BEG 6+ yrs INT 6+ yrs	PRE 5 yrs BEG 6+ yrs INT 6+ yrs	PRE 3 yrs PRE 4 yrs PRE 5 yrs			10:30 AM PRE 3 yrs PRE 4 yrs PRE 5 yrs INT 6-8 yrs INT 9+ yrs
5:00 pm			ADV 6+ yrs (downstairs)	PRE 3 yrs Boys PRE 4-5 yrs BEG 6-8 yrs INT 9+ yrs	Boys BEG 6+ yrs Boys INT 6+ yrs INT 6+ yrs	
5:30 pm	PRE 4 yrs PRE 5 yrs BEG 6-8 yrs INT 9+ yrs	PRE 3-4 yrs INT 6-8 yrs Boys INT 6-8 yrs	TUMBLING 6+ All levels			
6:00 pm				PRE 4 yrs PRE 5 yrs INT 6-8 yrs	gymfinity (all ages) *class is 30 mins*	
6:15 pm			YOU AND ME/ BABY GYM Combo 16- 36 mos			
6:30 pm	PRE 4-5 yrs INT 6-8 yrs	PRE 2.5-3 yrs Boys BEG 6+ yrs BEG 6-8 yrs INT 9+ yrs				
6:45 pm		ADV 6+ yrs (downstairs)		ADV 6+ yrs (downstairs)		
7:00 pm				BEG 6-8 yrs BEG 9+ yrs INT 6-8 yrs INT 9+ yrs Boys INT 9+ yrs		

REGISTRATION

Member: January 25

Online 6:00 am | Walk-in 9:00 am
Family Plus Programs Memberships are allowed to participate in 3 youth programs classes per week. No more than two in the same program. Members taking additional youth programs classes must wait until the General Public registration date and pay the General Public Rate.

General Public: February 1

Walk-in 9:00 am

COST

Family Plus Programs Membership

Free, plus \$5 Reg fee

General Public

\$170+ \$10 Reg fee

Refunds will not be given at any time for programs cancelled by participants.

CREDITS

Will be given with a doctor's note. Any cancellations after the start of the session will not receive a refund or credit.

All classes are 55 minutes unless specified on schedule.

All classes are co-ed unless otherwise stated on the schedule.

SEE OUR FLYER!



Girls Pre-Team Program

Tuesdays & Thursdays
5:00-6:30 pm | Ages 3+
Location: 3rd Floor Gymnastics Studio

Contact Coach Stephany at
gymnasticsteam@newtownathletic.com
to set up an evaluation.

Recreational Gymnastics Programs

LITTLE ONES

BABY GYM | Ages: 16-22 mos 45 MINS

YOU & ME | Ages 23-36 mos 45 MINS

YOU & ME/BABY GYM COMBO | Ages 16-36 mos..... 45 MINS

Parent participation classes outlined to develop basic motor skills, gymnastics concepts, eye to hand coordination, and body awareness. These classes are designed for children to explore gymnastics equipment in a safe environment under the supervision of an instructor. Participation is encouraged and guided by parent. Youngsters will begin to learn basic gymnastics positions through music, games, and manipulatives while building self-esteem and social skills.

PRESCHOOL

Ages: 2 ½, 3, 4 & 5 55 MINS

Independent classes for children able to separate from parent, follow instructions, and take turns. These classes are designed to teach the basic skills and terminology of gymnastics in a positive and fun atmosphere. Instructors will help your preschooler learn how to interact and behave in a structured setting, while improving his/her physical capabilities.

BEGINNER

Ages: 6-7, 8-10, 11+ 55 MINS

Classes designed for girls and boys that have little gymnastics experience or may even be new to the sport. These classes will open your child's eyes to hundreds of new ways to move, swing, roll, bend and balance bodies with success. Gymnasts will gain confidence and become more aware of body positions, while strengthening their core. All athletes will grow at their individual pace with the encouragement and positive reinforcement from our trained instructors in a safe and noncompetitive environment.

LOCATION

All classes are located in the 3rd floor gymnastics studio with the exception of the advanced 6+ classes which are held in the team gymnastics area located in the blue gym, 1st floor.

- All classes will be 55 minutes except parent participation classes and tumbling classes are 45 minutes.

INTERMEDIATE

Ages: 6-7, 8-10, 11+ 55 MINS

Intermediate boys and girls have completed some prior gymnastics training and have a good understanding of the fundamentals required to perform basic movements. Now gymnasts will begin to increase their strength and flexibility in order to introduce drills for more difficult skills. Instructors will merge previously mastered elements to form more difficult combinations as well as more challenging approaches to each apparatus.

ADVANCED

Ages: 6+ 55 MINS

Girls and boys that have completed beginner and intermediate training in the sport of gymnastics and have a thorough comprehension of the terminology are ready for the advanced program.

TUMBLING CLASS

Ages: 6+; All levels 45 MINS

A unique opportunity to enhance and perfect the basic skills foundations needed to perform tumbling maneuvers using the tumble trak and floor.

SPECIALTY CLASS

gymfinity | All ages and levels..... 30 MINS

A class that combines sensory stimulation, gross motor activities, and gymnastics to facilitate learning and growth in all aspects of human functioning for children with special needs. Instructors will work with students on basic motor skills according to their abilities while helping them to build a strong foundation of coordination, strength, and balance. Parent and/or occupational therapist participation may be required if necessary.



QUESTIONS?

Call the Gymnastics office **215.968.0600 ext 131**
gymnastics@newtownathletic.com

ATTIRE / EQUIPMENT

A leotard is suitable attire for girls and a t-shirt tucked into elastic shorts is perfect for boys or girls. Absolutely **no jeans or clothing with buttons, zippers, or beading** are permitted. There is **no jewelry permitted**. Hair must be tied back and securely fastened with an elastic, **no clips or bows that will inhibit any rolling activities**. Also **no shoes or socks**, some equipment can be slippery.

PARENT RESPONSIBILITY

An adult must escort all children to the Gymnastics studio. No one is permitted in the Gymnastics studio prior to class time. Any child originally from Kid's Club will be taken back after class unless you receive a pick-up pass from the Kid's Club, all others must be picked up promptly after class by a parent. The gymnastics instructors are not responsible for your child once the class has ended.

ATTENDANCE POLICY

If your child misses 2 classes in a row without notification, they will be dropped from the class. Please email us for any absences. **BABY GYM AND YOU & ME** parent participation required.

attendance@newtownathletic.com