

# ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department  
www.rosevillegymnastics.org

## **FALL SESSION 2017**

**September 9 – November 21 (10 weeks)**

**(Please refer to back for class dates)**

<b>PRESCHOOL</b>		<b>Boys &amp; Girls ages 3-5</b>			<b>GIRLS</b>		<b>ages 6-14</b>		
2111.374	Beginner I	Mon	4:45-5:30 pm	\$87	2121.327	Beginner I	Tues	4:45-5:45 pm	\$92
2111.375	Beginner I	Mon	6:45-7:30 pm	\$87	2121.328	Beginner I	Thur	6:15-7:15 pm	\$92
2111.376	Beginner I	Tues	5:45-6:30 pm	\$87	2121.329	Beginner I	Sat	10:45-11:45 am	\$92
2111.377	Beginner I	Wed	4:45-5:30 pm	\$87					
2111.378	Beginner I	Sat	9:00-9:45 am	\$87	2122.326	Beginner II	Mon	6:15-7:30 pm	\$108
					2122.327	Beginner II	Wed	4:30-5:45 pm	\$108
2112.367	Beginner II	Mon	5:45-6:30 pm	\$87	2122.328	Beginner II	Sat	11:45 am-1:00	\$108
2112.368	Beginner II	Tues	4:45-5:30 pm	\$87					
2112.369	Beginner II	Wed	7:00-7:45 pm	\$87	2123.324	Intermediate	Mon	4:30-6:00 pm	\$125
2112.370	Beginner II	Sat	10:00-10:45 am	\$87	2123.325	Intermediate	Wed	6:00-7:30 pm	\$125
					2123.326	Intermediate	Sat	9:00-10:30 am	\$125
2113.323	Intermediate	Wed	5:45-6:45 pm	\$110					
2113.324	Intermediate	Sat	11:00 am-12:00	\$110	2124.318	Advanced I	Thur	4:30-6:00 pm	\$125
					2124.319	Advanced I	Sat	9:00-10:30 am	\$125
2114.322	Advanced	Tues	6:45-7:45 pm	\$110					
					2125.317	Advanced II	Tues	6:00-8:00 pm	\$157
					2125.318	Advanced II	Sat	10:30 am-12:30	\$157
					2126.308	Advanced III	Thur	6:00-8:00 pm	\$157

**Gently used leotards available on-site during the first week of class. Most leotards are just \$5. All proceeds benefit Roseville Gymnastics Center.**

### **REGISTRATION INFORMATION**

**NEW REGISTRATION PROCEDURE: FIRST DAY TO REGISTER IS AUGUST 15. CLASSES OFTEN FILL SO REGISTER EARLY. NON-RESIDENT FEE: \$8.00 for those participants who do not live in Roseville**

**ONLINE REGISTRATION: [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks)**

Registrations can be mailed or will be taken at:

ROSEVILLE PARKS & RECREATION (651) 792-7006  
2660 Civic Center Drive Roseville, MN 55113

Classes will be held at: (map on back)

ROSEVILLE GYMNASTICS CENTER (651) 792-7166  
1238 W. County Road B-2 Roseville, MN 55113

Gymnasts must be registered before participation. We do not take registrations on the first day of the class.

Class sizes are limited to an 8 to 1 student-teacher ratio. Roseville Gymnastics reserves the right to cancel any class with less than 6 students enrolled. All registrations are first come – first served.

**Registration Form Make Checks payable to: ROSEVILLE PARKS & RECREATION**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent's Name \_\_\_\_\_ E-mail \_\_\_\_\_

Class Program # \_\_\_\_\_ Fees: Class Fee \_\_\_\_\_ Form of payment  Check  Cash

Level \_\_\_\_\_ Non Resident Fee \_\_\_\_\_  Visa  Mastercard Exp Date \_\_\_\_\_

Day \_\_\_\_\_ TOTAL: \_\_\_\_\_ Credit Card # \_\_\_\_\_

Time \_\_\_\_\_ Name on card \_\_\_\_\_

Tennessee Warning: The information requested on this registration will be used to verify eligibility and determine staff, facility and equipment needs. You/your child's name, age, grade level, address, telephone number and health information will be provided to city staff, volunteers, the city attorney, insurer and auditor. Although you are not legally required to disclose this information, failure to do so will prevent you/your child from participating in the program.

Roseville Gymnastics offers classes for girls and boys ages 3-14 years old. It is our goal to teach in a positive, fun and safe environment. Through gymnastics, we strive to develop self-esteem and physical fitness. Our program is suited for recreational, developmental and competitive gymnasts.

Questions can be answered at:

Roseville Parks & Recreation Office  
Day hours : 651-792-7006

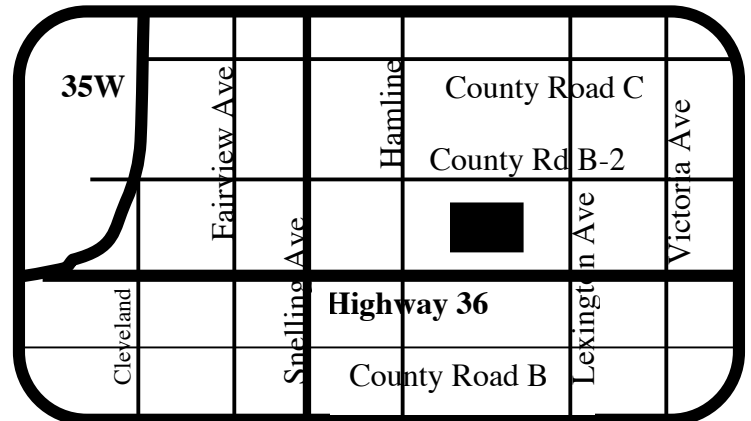
Roseville Gymnastics Center  
Evening hours: 651-792-7166  
rosevillegymnastics@comcast.org

All Classes will be held at:  
**ROSEVILLE GYMNASTICS CENTER**

1238 W. County Road B-2 Roseville, MN 55113

PHONE: (651) 792-7166

Gym is attached to Roseville Area High School North side of the building



## FALL SESSION 2017 September 9 – November 21

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>SATURDAY</u>
Week 1	Sept 11	Sept 12	Sept 13	Sept 14	Sept 9
Week 2	Sept 18	Sept 19	Sept 20	Sept 21	Sept 16
Week 3	Sept 25	Sept 26	Sept 27	Sept 28	Sept 23
Week 4	Oct 2	Oct 3	Oct 4	Oct 5	Sept 30
Week 5	Oct 9	Oct 10	Oct 11	Oct 12	Oct 7
Week 6	Oct 16	Oct 17	Oct 18	Oct 19	Oct 14
Week 7	Oct 23	Oct 24	Oct 25	Oct 26	Oct 21
Week 8	Oct 30	Nov 7	Nov 1	Nov 2	Oct 28
Week 9	Nov 6	Nov 14	Nov 8	Nov 9	Nov 11
Week 10	Nov 13	Nov 21	Nov 15	Nov 16	Nov 18
No Class		Oct 31			Nov 4

### PRESCHOOL ages 3-5

**Beginner I** Teaches basic movement and tumbling skills. Helps to improve body awareness, motor skills, coordination, balance and listening skills. Uses modified equipment with a fun and creative approach to learning.

**Beginner II** For beginner level preschoolers who have previously taken gymnastics class. Gymnast should have mastered the skills from Beginner I. Must be able to perform a forward roll and donkey kicks on the floor, and walk on a low balance beam unassisted.

**Intermediate** For preschool gymnasts who have mastered the Beginner II skills. Must be able to perform a bridge on the floor, and walk on the high balance beam. Will begin to transfer skills to the regulation equipment.

**Advanced** Advanced level class for gymnasts ages 4-6 who have mastered the skills from the Intermediate class. Must have good listening skills and be able to perform a forward roll and cartwheel unassisted. Will continue to transition skills to the regulation equipment.

**Dyno's** An accelerated class for gymnasts ages 5-8. This class is designed to speed the transition into competitive gymnastics. Gymnasts are chosen from our preschool and instructional classes based on strength, flexibility, and a desire to make a commitment to gymnastics. Gymnasts may register with permission only.

### GIRLS ages 6-14

**Beginner I** Emphasis is on tumbling skills with exposure to the balance beam, uneven bars, vault and dance. This class is suited for girls who have never taken a gymnastics class before.

**Beginner II** For beginner level gymnasts who have previously taken a gymnastics class. Gymnast should have mastered skills from Beginner I. Must be able to perform a cartwheel on floor and walk on a high balance beam unassisted. Basic skills are taught on all events.

**Intermediate** Should have mastered skills from Beginner II. Must be able to perform a handstand forward roll and round-off on the floor and a pullover on the bars. Gymnasts will learn to perfect their basic skills as well as learn more advanced skill on all events.

**Advanced I** For gymnasts who have mastered skills from the intermediate level. Must be able to perform a backbend-kickover and front limber on the floor, and a back hip circle on the bars. There is an emphasis on strength, flexibility and form.

**Advanced II** For gymnasts who have mastered skills from the Advanced I level. Must be able to perform a front and back handspring on the floor and a cartwheel on the high balance beam. Prepares the gymnast for high school competition.

**Advanced III** An advanced level class for gymnasts ages 10-14. Prepares the gymnast for high school competition. Gymnasts may register with permission only.