

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

FALL SESSION 2020

September 14 – November 14

PRESCHOOL

ages 3-5

2111.560	Beginner I	Wed	5:15-5:45 pm	\$63
2111.561	Beginner I	Thur	6:00-6:30 pm	\$63
2111.562	Beginner I	Sat	10:15-10:45 am	\$63
2111.563	Beginner II	Wed	6:00-6:30 pm	\$63
2111.564	Beginner II	Thur	4:30-5:00 pm	\$63
2111.565	Beginner II	Sat	11:00-11:30 am	\$63
2111.566	Intermediate	Thur	5:15-5:45 pm	\$63
2111.567	Intermediate	Sat	11:45 am-12:15	\$63
2111.568	Advanced	Thur	6:45-7:15 pm	\$63

INSTRUCTIONAL

ages 6-14

2121.560	Beginner I	Tues	4:15-5:00 pm	\$68
2121.561	Beginner I	Wed	5:45-6:30 pm	\$68
2121.562	Beginner I	Sat	2:00-2:45 pm	\$68
2121.563	Beginner II	Tues	5:15-6:15 pm	\$90
2121.564	Beginner II	Wed	4:30-5:30 pm	\$90
2121.565	Beginner II	Sat	10:15-11:15 am	\$90
2121.566	Intermediate	Mon	6:00-7:00 pm	\$90
2121.567	Intermediate	Sat	11:30 am-12:30	\$90
2121.568	Advanced I	Mon	7:15-8:15 pm	\$90
2121.569	Advanced I	Sat	12:45-1:45 pm	\$90
2121.570	Advanced II	Mon	7:15-8:15 pm	\$90

Due to covid, preschool students are required to have a parent or adult in attendance to assist with social distancing and help the student follow the instructor's directions. Class sizes are limited to 4 students.

REGISTRATION INFORMATION

NEW REGISTRATION PROCEDURE: FIRST DAY TO REGISTER IS AUGUST 18. 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

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.

Instructional class sizes are limited to 8 students. 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 _____ CV2 Code _____

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.

All classes will be held at:
ROSEVILLE GYMNASTICS CENTER
 1238 W. County Road B-2 Roseville, MN 55113
 Gym is attached to Roseville Area High School North side of the building

Questions can be answered at:
Roseville Parks & Recreation Office **Roseville Gymnastics Center**
 Day hours : 651-792-7006 Evening hours: 651-792-7166
 rosevillegymnastics@comcast.net

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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 14	Sept 15	Sept 16	Sept 17	Sept 19
Week 2	Sept 21	Sept 22	Sept 23	Sept 24	Sept 26
Week 3	Sept 28	Sept 29	Sept 30	Oct 1	Oct 3
Week 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 10
Week 5	Oct 12	Oct 13	Oct 14	Oct 15	Oct 17
Week 6	Oct 19	Oct 20	Oct 21	Oct 22	Oct 24
Week 7	Oct 26	Oct 27	Oct 28	Oct 29	Oct 31
Week 8	Nov 2	Nov 3	Nov 4	Nov 5	Nov 7
Week 9	Nov 9	Nov 10	Nov 11	Nov 12	Nov 14

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 Accelerated classes for gymnasts ages 4-8, 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.

INSTRUCTIONAL 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 students 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.