

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.org

WINTER SESSION 2018

January 8 – March 3 (8 weeks)

(Please refer to back for class dates)

PRESCHOOL		Boys & Girls ages 3-5			GIRLS		ages 6-14		
2111.183	Beginner I	Mon	4:45-5:30 pm	\$73	2121.148	Beginner I	Tues	4:45-5:45 pm	\$77
2111.179	Beginner I	Mon	6:45-7:30 pm	\$73	2121.149	Beginner I	Wed	6:00-7:00 pm	\$77
2111.180	Beginner I	Tues	5:45-6:30 pm	\$73	2121.150	Beginner I	Sat	10:45-11:45 am	\$77
2111.181	Beginner I	Wed	4:45-5:30 pm	\$73	2122.148	Beginner II	Mon	6:15-7:30 pm	\$89
2111.182	Beginner I	Sat	9:00-9:45 am	\$73	2122.149	Beginner II	Wed	4:30-5:45 pm	\$89
2112.155	Beginner II	Mon	5:45-6:30 pm	\$73	2122.150	Beginner II	Sat	11:45 am-1:00	\$89
2112.156	Beginner II	Tues	4:45-5:30 pm	\$73	2123.144	Intermediate	Mon	4:30-6:00 pm	\$102
2112.157	Beginner II	Wed	7:00-7:45 pm	\$73	2123.145	Intermediate	Wed	6:00-7:30 pm	\$102
2112.168	Beginner II	Sat	10:00-10:45 am	\$73	2123.146	Intermediate	Sat	9:00-10:30 am	\$102
2113.145	Intermediate	Wed	5:45-6:45 pm	\$100	2124.139	Advanced I	Mon	4:30-6:00 pm	\$102
2113.146	Intermediate	Sat	11:00 am-12:00	\$100	2124.140	Advanced I	Sat	9:00-10:30 am	\$102
2114.142	Advanced	Tues	6:45-7:45 pm	\$100	2125.139	Advanced II	Tues	6:00-8:00 pm	\$126
					2125.140	Advanced II	Sat	10:30 am-12:30	\$126
					2126.135	Advanced III	Mon	6:00-8:00 pm	\$126

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 NOVEMBER 27. 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.

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

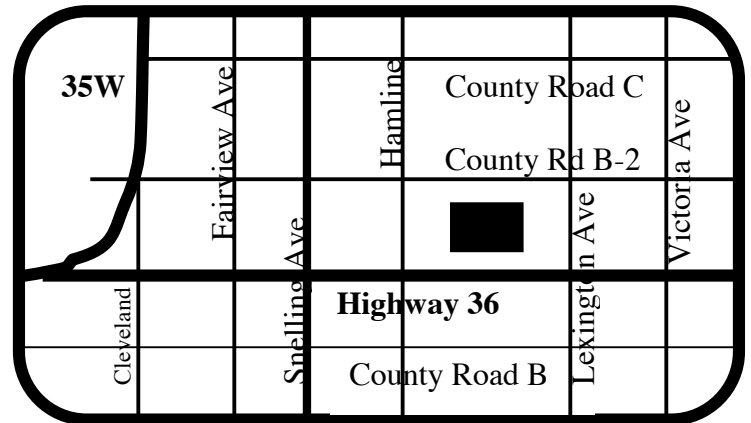
Roseville Gymnastics Center
Evening hours: 651-792-7166
rosevillegymnastics@comcast.net
website: www.rosevillegymnastics.org

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



WINTER SESSION 2018 January 8 - March 3 (8 weeks)

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	Jan 8	Jan 9	Jan 10	Jan 13
Week 2	Jan 15	Jan 16	Jan 17	Jan 20
Week 3	Jan 22	Jan 23	Jan 24	Jan 27
Week 4	Jan 29	Jan 30	Jan 31	Feb 3
Week 5	Feb 5	Feb 6	Feb 7	Feb 10
Week 6	Feb 12	Feb 13	Feb 14	Feb 17
Week 7	Feb 19	Feb 20	Feb 21	Feb 24
Week 8	Feb 26	Feb 27	Feb 28	March 3

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.