

# inteROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department  
www.rosevillegymnastics.org

## **WINTER SESSION 2019**

**January 7 – March 2 (8 weeks)**

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

### **PRESCHOOL      Boys & Girls ages 3-5**

2111.491	Beginner I	Mon	4:45-5:30 pm	\$74
2111.492	Beginner I	Mon	6:45-7:30 pm	\$74
2111.493	Beginner I	Tues	5:45-6:30 pm	\$74
2111.494	Beginner I	Wed	4:45-5:30 pm	\$74
2111.495	Beginner I	Sat	9:00-9:45 am	\$74
2112.476	Beginner II	Mon	5:45-6:30 pm	\$74
2112.477	Beginner II	Tues	4:45-5:30 pm	\$74
2112.478	Beginner II	Wed	7:00-7:45 pm	\$74
2112.479	Beginner II	Sat	10:00-10:45 am	\$74
2113.451	Intermediate	Wed	5:45-6:45 pm	\$96
2113.452	Intermediate	Sat	11:00 am-12:00	\$96
2114.450	Advanced	Tues	6:45-7:45 pm	\$96

### **GIRLS      ages 6-14**

2121.457	Beginner I	Tues	4:45-5:45 pm	\$76
2121.458	Beginner I	Wed	6:00-7:00 pm	\$76
2121.459	Beginner I	Sat	10:45-11:45 am	\$76
2122.457	Beginner II	Mon	6:15-7:30 pm	\$90
2122.458	Beginner II	Wed	4:30-5:45 pm	\$90
2122.459	Beginner II	Sat	11:45 am-1:00	\$90
2123.456	Intermediate	Mon	4:30-6:00 pm	\$102
2123.457	Intermediate	Wed	6:00-7:30 pm	\$102
2123.458	Intermediate	Sat	9:00-10:30 am	\$102
2124.438	Advanced I	Tues	6:00-8:00 pm	\$102
2124.439	Advanced I	Sat	9:00-10:30 am	\$102
2125.439	Advanced II	Tues	6:00-8:00 pm	\$128
2125.440	Advanced II	Sat	10:30 am-12:30	\$128
2126.433	Advanced III	Mon	6:00-8:00 pm	\$128

**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 26. 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

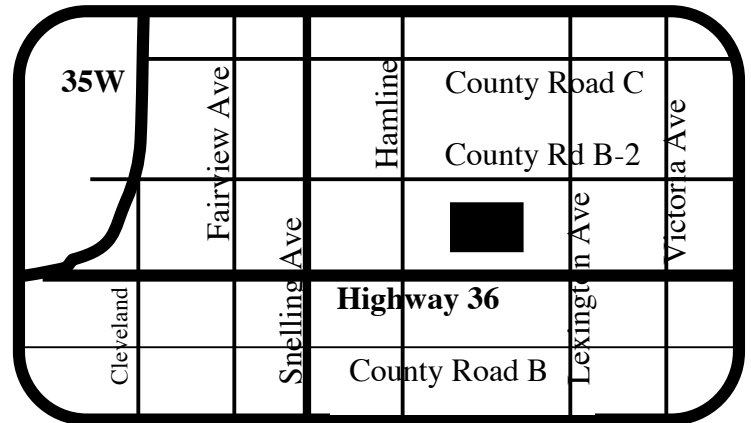
Roseville Gymnastics Center  
Evening hours: 651-792-7166  
rosevillegymnastics@comcast.net  
website: www.rosevillegymnastics.net

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 2019 January 7 - March 2 (8 weeks)

**Classes will meet on the following days:**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	Jan 7	Jan 8	Jan 9	Jan 12
Week 2	Jan 14	Jan 15	Jan 16	Jan 19
Week 3	Jan 21	Jan 22	Jan 23	Jan 26
Week 4	Jan 28	Jan 29	Jan 30	Feb 2
Week 5	Feb 4	Feb 5	Feb 6	Feb 9
Week 6	Feb 11	Feb 12	Feb 13	Feb 16
Week 7	Feb 18	Feb 19	Feb 20	Feb 22
Week 8	Feb 25	Feb 26	Feb 27	March 2

### CLASS DESCRIPTIONS

#### 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 6-17**

**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 10-17. Prepares the gymnast for high school competition. Gymnasts may register with permission only.