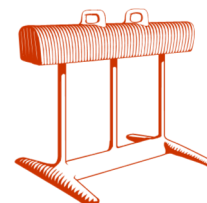




Gymnastics Class Schedule

September—May



| CLASS | | AGE | INSTRUCTOR | DAY | TIME | PRICE |
|------------------------------|------------------------|---------------------------|------------|--|---|-------|
| MOM, POP & TOTS | | 15 Months— 2 1/2 Years | Janelle | Tuesday Tuesday Wednesday Wednesday Friday | 9:30—10:00 am 5:20—5:50 pm 11:00—11:30 am 5:30—6:00 pm 9:30—10:00 am | \$59 |
| MINI TOTS | | 2 1/2—3 1/2 | Janelle | Tuesday Tuesday Tuesday Wednesday Thursday Friday | 10:10—10:40 am 11:40 am—12:10 pm 4:40—5:10 pm 10:20—10:50 am 4:10—4:40 pm 10:10—10:40 am | \$59 |
| TUMBLE TIGERS 1 | | 3 1/2— 4 1/2 | Janelle | Tuesday Tuesday Wednesday Wednesday Thursday Friday | 10:50—11:30 am 1:30—2:10 pm 9:30—10:10 am 3:30—4:10 pm 4:50—5:30 pm 10:50—11:30 am | \$65 |
| TUMBLE TIGERS 2 | | 4 1/2— 5 1/2 | Janelle | Tuesday Tuesday Wednesday Wednesday Thursday Friday | 6:00—6:40 pm 1:30—2:10 pm 11:40 am—12:20 pm 3:30—4:10 pm 3:20—4:00 pm 11:40 am—12:20 pm | \$65 |
| TUMBLE TIGERS 3 | | 5 1/2—6 1/2 | Janelle | Tuesday Wednesday | 3:40—4:30 pm 6:10—7:00 pm | \$71 |
| MUST BE EVALUATED | TUMBLE TIGERS 4 | 5—7 | Janelle | Wednesday Thursday | 4:20—5:20 pm 5:40—6:40 pm | \$78 |
| | MINI TEAM | 4—5 1/2 | Janelle | Wednesday Thursday | 1:30—2:30 pm 5:40—6:40 pm | \$78 |

Janelle Tencza is the lead instructor of our early childhood gymnastics program. She grew up in Milton, GA and has been involved in the sport of gymnastics for over 40 years as a gymnast and coach. She has taught classes and teams for Miss Trish and Coach Deven for over 15 years here at the Cumming Recreation and Parks Department. She graduated from Brigham Young University with a degree in Athletic Training & Sports Medicine and is currently a member of USA Gymnastics and AAU Gymnastics.

6-Week Sessions

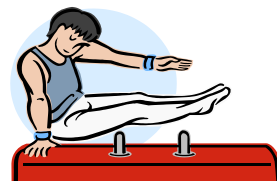
| <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|---|--|---|
| Sept 14—Oct 19 Nov 2—Dec 14 Jan 4—Feb 8 Feb 22—Mar 29 Apr 12—May 17 | Sept 15—Oct 20 Nov 3—Dec 15 Jan 5—Feb 9 Feb 23—Mar 30 Apr 13—May 18 | Sept 16—Oct 21 Nov 4—Dec 16 Jan 6—Feb 10 Feb 24—Mar 31 Apr 14—May 19 | Sept 17—Oct 22 Nov 5—Dec 17 Jan 7—Feb 11 Feb 25—Apr 1 Apr 15—May 20 |
| All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway | | | |



Gymnastics Class Schedule

GYMNASTICS SCHEDULE

September—May



| CLASS | AGE | DAY | TIME | PRICE |
|---|------------|---|--|-------|
| GIRLS GYM 1 | 5 1/2 & Up | MONDAY MONDAY MONDAY WEDNESDAY THURSDAY THURSDAY | 4:10—5:00 pm 5:00—5:50 pm 6:50—7:40 pm 5:20—6:10 pm 4:45—5:35 pm 6:45—7:35 pm | \$71 |
| GIRLS GYM 2 | 5 1/2 & Up | MONDAY WEDNESDAY THURSDAY | 5:50—6:50 pm 4:20—5:20 pm 3:45—4:45 pm | \$78 |
| GIRLS GYM 3 * (must be evaluated) | 5 1/2 & Up | TUESDAY THURSDAY | 3:30—4:30 pm 5:45—6:45 pm | \$78 |
| GIRLS GYM 4 / 5 * (must be evaluated) | 5 1/2 & Up | TUESDAY | 4:30—5:40 pm | \$84 |
| TUMBLING | 7 & Up | FRIDAY | 3:30—4:30 pm | \$78 |
| BOYS GYM | 5 1/2 & Up | MONDAY MONDAY TUESDAY THURSDAY | 5:00—6:00 pm 6:00—7:00 pm 4:30—5:30 pm 4:30—5:30 pm | \$78 |
| BOYS JUNIOR TEAM | 5 1/2 & Up | WEDNESDAY | 3:00—4:30 pm | \$90 |

Deven Pressley is the lead instructor of our older gymnasts and has been with the CRPD gymnastics program for 29 years. She is a member of USA Gymnastics and Amateur Athletic Union. Through US-AG, she is Safety Certified, has completed the USAG University's School of Recreational gymnastics, and is a certified meet director. She has also completed the Positive Coaching Alliance course. She attended Gainesville College, majoring in Physical Education.

Gymnastics Classes are 6-Week Sessions

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|---|---|---|--|---|
| Sept 13—Oct 18 Nov 1—Dec 13 Jan 3—Feb 7 Feb 21—Mar 28 Apr 11—May 16 | Sept 14—Oct 19 Nov 2—Dec 14 Jan 4—Feb 8 Feb 22—Mar 29 Apr 12—May 17 | Sept 15—Oct 20 Nov 3—Dec 15 Jan 5—Feb 9 Feb 23—Mar 30 Apr 13—May 18 | Sept 16—Oct 21 Nov 4—Dec 16 Jan 6—Feb 10 Feb 24—Mar 31 Apr 14—May 19 | Sept 17—Oct 22 Nov 5—Dec 17 Jan 7—Feb 11 Feb 25—Apr 1 Apr 15—May 20 |
| <u>All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonga Highway</u> | | | | |

Gymnastics Class Descriptions

MOM/POP AND TOT—A fun time for parents to interact with their toddler as they're introduced to gymnastics & motor skills on their level. All apparatus used are kid friendly for age and size. Ages 15 mos—2 1/2 years.

MINI TOTS—This class is just for toddlers, helping them develop gymnastics and motor skills on their level. This class would also help children enhance their listening and social skills in a structured and fun atmosphere. All apparatus used are kid friendly for age and size. Ages 2 1/2—3 1/2 years.

TT1/TT2/TT3—Gymnastic classes that use all gymnastics equipment and introduces basic skills and progressions appropriate for the ages and abilities. TT1 Ages 3 1/2—4 1/2 years; TT2 Ages 4 1/2—5 1/2 years; TT3 Ages 5 1/2—6 1/2 years. (When your child reaches the maximum age for Tumble Tigers, consult with instructor before signing up for next level of Tumble Tigers.)

MINI TEAM—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. Ages 4—5 1/2 years. *Must be evaluated.*

TUMBLE TIGERS 4—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. Ages 5—7 years. *Gymnast must be evaluated.*

GIRLS GYMNASTICS 1—5 (Progressive) - A set of classes for girls to learn basic gymnastics skills through appropriate skill progressions on women's events. Gymnast begin with Girls Gym 1 and must complete an evaluation to progress to the next level. Ages 5 1/2 & Up.

BOYS GYMNASTICS 1—2 (Progressive) - A set of classes for boys to learn basic gymnastics skills through appropriate skill progressions on men's events. Gymnast begin with Boys Gym 1 and must complete an evaluation to progress to the next level. Ages 5 1/2 & Up.

TEAM BOYS/GIRLS (Groups/Levels) - These classes are for the Competitive Teams, which travel to local gyms to compete against other teams. Gymnasts must be evaluated by the instructor to participate on team.

TUMBLING—Students will learn strength and flexibility to accomplish the basic tumbling skills. Ages 7 & Up.

GYMNASTIC BIRTHDAY PARTIES

Did you know we offer Gymnastic Birthday parties? It's the best kept secret around. If you are interested in having a birthday party for your child please contact Janelle Tencza at our main office. Parties are held on Saturdays or Sundays and last 1 1/2 hours. Cost is \$175 for 13 kids and \$5 each for any additional kids. Parties must be booked through Janelle.



Kids Night Out

Kids Night Out (or Parents Night Out?) will be offered once a month for parents to have a night to themselves while the kids have a fun-filled gymnastics experience. For ages 5—12, Kids Night Out will be held on Fridays 6:30—10:30 pm for a cost of \$20.

DATES

| | |
|-------------------------|---------------------|
| Aug 20 (Crazy Hair Day) | Jan 21 |
| Sept 24 | Feb 18 (Valentines) |
| Oct 29 (Halloween) | March 25 |
| Nov 19 (Thanksgiving) | April 22 |
| Dec 17 (Christmas) | |

Open Gymnastics

Open Gymnastics provides additional gym time for gymnasts to work on specific skills or events. Available for gymnasts in other CRPD classes, Open Gymnastics sessions are held on Saturdays 9:00—11:00 am and cost \$15.

SESSION DATES

| | | |
|---------|--------|----------|
| Aug 7 | Nov 6 | Feb 19 |
| Aug 21 | Nov 20 | March 5 |
| Sept 11 | Dec 11 | March 26 |
| Sept 25 | Jan 8 | Apr 23 |
| Oct 9 | Jan 29 | May 7 |
| Oct 23 | | |