

## 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.)

**TUMBLE TIME**—A great class that concentrates on fundamental tumbling skills using mats, tumble trak & pit for training. Gymnast is encouraged to take Tumble Time class in addition to any other class. Ages 4 1/2—7 years.

**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.*

## **GYMNASTICS TUMBLE TIME CLINIC**

(Ages 4 1/2—7)

A great class that will concentrate on the fundamental tumbling skills using dills, mats, tumble trak, and the pit for training. This is a great stand-alone class or as a second class to compliment another gymnastics class.

**DATE:** Wednesday, May 25

**TIME:** 5:40—6:40 pm

**COST:**

**\$10**

**AGES:**

**4 1/2—7**

**LOCATION:**

**Dobbs Creek Recreation Center**

**INSTRUCTORS:**

**Janelle**



### **PARENTS MORNING OUT**

(Ages 3 1/2—5)

A special 2-hour gym and craft time that will include gymnastics instruction, games, and other fun activities, as well as craft time. This is for busy parents who need some extra time in the morning without children. For children 3 1/2 (must be potty-trained) to 5. Please bring a snack and water.

**DATE:** Tuesday, May 24

**TIME:** 9:30—11:30 am



**COST:**

**\$20**

**AGES:**

**3 1/2—5**

**LOCATION:**

**Dobbs Creek Recreation Center**

**INSTRUCTORS:**

**Janelle**

### **PARENTS AFTERNOON OUT**

(Ages 5—7)

A special 2-hour gym and craft time that will include gymnastics instruction, games, and other fun activities, as well as craft time. This is for busy parents who need some extra time in the afternoon without their school-aged children. For ages 5 to 7. Please bring a snack and water.

**DATE:** Wednesday, May 25

**TIME:** 3:30—5:30 pm



**COST:**

**\$20**

**AGES:**

**5—7**

**LOCATION:**

**Dobbs Creek Recreation Center**

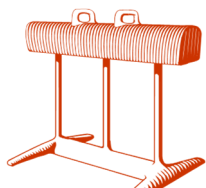
**INSTRUCTORS:**

**Janelle**

ANY CHILD NOT PICKED UP WITHIN 10 MINUTES AFTER CAMP IS OVER WILL BE ASSESSED A LATE FEE OF \$1 PER MINUTE. FEE IS TO BE PAID TO INSTRUCTOR AT THE TIME OF PICK UP.

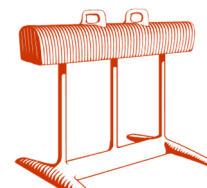
**PLEASE NOTE THAT ALL COUNSELORS / INSTRUCTORS ARE CERTIFIED IN CPR AND TRAINED IN FIRST AID.**

ANY TIME LIGHTNING IS SEEN OR THUNDER IS HEARD, ALL OUTDOOR PROGRAMS SPONSORED BY THE CUMMING RECREATION AND PARKS DEPARTMENT WILL SUSPEND OPERATIONS. ONLY WHEN 15 MINUTES HAS ELAPSED SINCE THE LAST LIGHTNING OR THUNDER WILL THE CUMMING RECREATION AND PARKS DEPARTMENT PROGRAMS CONTINUE.



# GYMNASTICS SCHEDULE

## June - August



CLASS		AGE	INSTRUCTOR	DAY	TIME	PRICE
MOM, POP & TOTS		15 Months— 2 1/2 Years	Janelle	Tuesday Wednesday Friday*	9:30—10:00 am 5:30—6:00 pm 9:30—10:00 am*	\$44
MINI TOTS		2 1/2—3 1/2	Janelle	Tuesday Tuesday Wednesday Wednesday Thursday Friday*	10:10—10:40 am 4:30—5:00 pm 10:30—11:00 am 5:30—6:00 pm 3:30—4:00 pm 10:10—10:40 am*	\$44
TUMBLE TIGERS 1		3 1/2—4 1/2	Janelle	Tuesday Tuesday Wednesday Thursday Thursday Friday*	10:50—11:30 am 5:10—5:50 pm 11:10—11:50 am* 9:30—10:10 am 4:10—4:50 pm 10:50—11:30 am*	\$47
TUMBLE TIGERS 2		4 1/2—5 1/2	Janelle	Tuesday Tuesday Wednesday Wednesday Friday*	11:40 am—12:20 pm 6:00—6:40 pm 9:40—10:20 am 3:30—4:10 pm 11:40 am—12:20 pm*	\$47
TUMBLE TIGERS 3		5 1/2—6 1/2	Janelle	Tuesday Wednesday Thursday*	3:30—4:20 pm 6:10—7:00 pm 10:20—11:10 am*	\$50
MUST BE EVALUATED	TUMBLE TIGERS 4	5—7	Janelle	Wednesday* Wednesday Thursday	11:10 am—12:10 pm* 4:20—5:20 pm 6:10—7:10 pm	\$54
	MINI TEAM	4—5 1/2	Janelle	Wednesday* Wednesday* Thursday	11:10 am—12:10 pm* 1:30—2:30 pm* 5:00—6:00 pm	\$54
Tumble Time		5—7 4 1/2—7	Janelle	Thursday Thursday	5:00—6:00 pm 11:20 am—12:20 pm*	\$54
Tumble Time		4—5	Janelle	Thursday	10:20—11:10 am*	\$50

\* Denotes June/July-Green Class

\* Denotes August-Only Class

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.

### Summer Gymnastics Classes are 4-Week Sessions

<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
June 7—28 July 12—Aug 2 August 9—30	June 8—29 July 13—Aug 3 August 10—31	June 9—30 July 14—Aug 4 August 11—Sept 1	August 12—Sept 2
All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway			

## Gymnastics Class Descriptions

**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.

## GYMNASTICS CAMPS

### JUNIOR GYM & SWIM

(Ages 5—8)



This camp will include various aspects of gymnastics including bar, balance beam, tumbling, springboard, vault, and obstacle course. This class is designed for all skill levels. Gymnasts will do 2—3 hours of gymnastics each day and will swim and at the Aquatic Center. Campers will be picked up daily at the Aquatic Center.

Session 1 June 13—17  
Session 2 June 27—July 1  
Session 3 July 18—22



**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—12:15 pm  
**COST:** \$106  
**AGES:** 5—8  
**LOCATION:** Dobbs Creek Rec Center  
**INSTRUCTORS:** Misty & Staff

### GYM & SWIM

(Ages 7—12)

This camp will include various aspects of gymnastics including bar, balance beam, tumbling, springboard, & vault. Gymnasts will be divided according to skill level. We will do 3-4 hours of gymnastics daily and will swim at the Aquatic Center. Campers will be picked up daily at the Aquatic Center.

Session 1 June 6—10  
Session 2 June 20—24  
Session 3 July 11—15  
Session 4 July 25—29



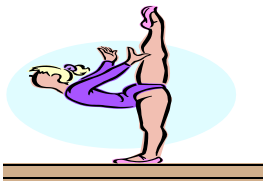
**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—2:15 pm  
**COST:** \$126  
**AGES:** 7—12  
**LOCATION:** Dobbs Creek Rec Center  
**INSTRUCTORS:** Misty & Staff



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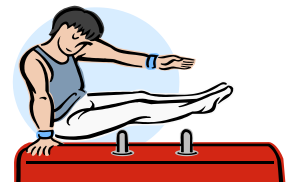
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# Gymnastics Class Schedule

## ***GYMNASTICS SCHEDULE***

### ***June - July***



CLASS	DAY	TIME	JUNE	JULY
<b>GIRLS GYM 1</b>	TUESDAY THURSDAY	5:40—6:30 pm 11:00—11:50 am	\$50	\$39
<b>GIRLS GYM 2 / 3</b>	TUESDAY THURSDAY	6:30—7:30 pm 10:00—11:00 am	\$54	\$42
<b>GIRLS GYM 4 / 5</b>	TUESDAY	4:30—5:40 pm	\$58	\$45
<b>TUMBLING</b>	TUESDAY	3:30—4:30 pm	\$54	\$42
<b>BOYS GYM</b>	MONDAY TUESDAY	4:00—5:00 pm 4:30—5:30 pm	\$54	\$42

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.

<u>June Classes will be a 4-week Session; July Classes will be a 3-week session</u>		
<u><b>MONDAY</b></u> June 6—27 July 11—25*	<u><b>TUESDAY</b></u> June 7—28 July 12—26*	<u><b>THURSDAY</b></u> June 9—30 July 14—28*
<u>All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonga Highway</u>		





# TEAM GYMNASTICS

## June & July



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
June 6—27 July 11—Aug 1	June 7—28 July 12—Aug 2	June 8—29 July 13—Aug 3	June 9—30 July 7—28	June 10—July 1 July 8—29
All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway				

GYMNASTS MUST BE EVALUATED BY INSTRUCTOR	AGE GROUP / CLASS	DAY	TIME	PRICE
	GIRLS GROUP 1	Monday Tuesday Thursday Friday	8:30 am—12:30 pm 4:30—8:30 pm 8:30 am—12:30 pm 9:00 am—1:00 pm	\$299
	GIRLS GROUP 2	Monday Tuesday Thursday	8:30 am—12:30 pm 4:30—8:30 pm 8:30 am—12:30 pm	\$242
	GIRLS GROUP 3	Monday Tuesday Friday	11:00 am—3:00 pm 4:30—8:30 pm 9:00 am—1:00 pm	\$242
	GIRLS GROUP 4	Monday Wednesday Friday	8:00 am—12:00 pm 8:00 am—12:00 pm 8:00—11:30 am	\$232
	GIRLS GROUP 5	Monday Tuesday Thursday	12:00—3:30 pm 8:00—11:30 am 8:00—11:30 am	\$218
	GIRLS GROUP 6	Tuesday Thursday Friday	11:30 am—2:30 pm 1:30—4:30 pm 11:30 am—2:30 pm	\$207
	GIRLS GROUP 7	Tuesday Thursday	2:30—5:00 pm 11:30am—2:00 pm	\$126
	GIRLS GROUP 8	Tuesday Thursday	9:00—11:30 am 9:00—11:30 am	\$126
	GIRLS GROUP 9	Monday Wednesday	3:00—5:00 pm 3:00—5:00 pm	\$101
	BOYS GROUP 1	Tuesday Wednesday Thursday Friday	8:00 am—12:00 pm 12:30—4:30 pm 4:00—8:00 pm 8:00 am—12:00 pm	\$299
	BOYS GROUP 2	Monday Tuesday Thursday Friday	8:00—11:00 am 12:30—3:30 pm 8:00—11:00 am 12:30—3:30 pm	\$242
	BOYS GROUP 3	Monday Wednesday Thursday	1:00—4:00 pm 8:00—11:00 am 1:00—4:00 pm	\$207

For more information about our Level and Competition teams, please go to Gymsations web-site at [www.gymsations.com](http://www.gymsations.com)