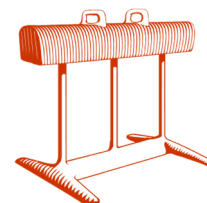




Gymnastics Class Schedule

September—May



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

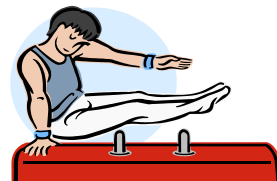
<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 Jan 3—Feb 7 Feb 21—Mar 28 Apr 11—May 16	Sept 14—Oct 26 (No class Sept 28) Nov 2—Dec 14 Jan 4—Feb 8 Feb 22—Mar 29 Apr 12—May 17	Sept 15—Oct 27 (No class Sept 29) Nov 3—Dec 15 Jan 5—Feb 9 Feb 23—Mar 30 Apr 13—May 18	Sept 16—Oct 28 (No class Sept 30) Nov 4—Dec 16 Jan 6—Feb 10 Feb 24—Mar 31 Apr 14—May 19
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 TUESDAY THURSDAY	4:45—5:35 pm 6:40—7:30 pm 7:10—8:00 pm 5:45—6:35 pm	\$71
GIRLS GYM 2	5 1/2 & Up	MONDAY TUESDAY THURSDAY	5:40—6:40 pm 3:00—4:00 pm 6:35—7:35 pm	\$78
GIRLS GYM 3 * (must be evaluated)	5 1/2 & Up	TUESDAY THURSDAY	6:10—7:10 pm 3:00—4:00 pm	\$78
TUMBLING	7 & Up	MONDAY	7:40—8:40 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

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>THURSDAY</u>
Sept 12—Oct 24 (No class Sept 26) Nov 7—Dec 19 (No class Nov 21) Jan 2—Feb 6 Feb 13—Mar 27 (No class Feb 20) Apr 10—May 15	Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 (No class Nov 22) Jan 3—Feb 7 Feb 21—Mar 28 Apr 11—May 16	Sept 15—Oct 27 (No class Sept 29) Nov 3—Dec 15 (No class Nov 24) Jan 5—Feb 9 Feb 23—Mar 30 Apr 13—May 18
<u>All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega 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 .

