



## 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.*

## GYM PARTIES

### 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 \$200 for 13 kids and only \$10 each for any additional kids.

Parties must be booked through 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	JUNE	JULY/ AUG.
<b>MOM, POP &amp; TOTS</b>	15 Months— 2 1/2 Years	Janelle	Tuesday Wednesday Wednesday Friday*	9:30—10:00 am 10:10—10:40 am 5:30—6:00 pm 9:30—10:00 am*	\$48	\$38
<b>MINI TOTS</b>	2 1/2—3 1/2	Janelle	Tuesday Tuesday Wednesday Thursday Friday*	10:10—10:40 am 4:10—4:40 pm 9:30—10:00 am 5:10—5:40 pm 10:10—10:40 am*	\$48	\$38
<b>TUMBLE TIGERS 1</b>	3 1/2—4 1/2	Janelle	Tuesday Wednesday Wednesday Thursday Friday*	10:50—11:30 am 10:50—11:30 am 3:30—4:10 pm 4:20—5:00 pm 10:50—11:30 am*	\$52	\$42
<b>TUMBLE TIGERS 2</b>	4 1/2—5 1/2	Janelle	Tuesday Tuesday Thursday Friday*	11:40 am—12:20 pm 5:10—5:50 pm 3:30—4:10 pm 11:40 am—12:20 pm*	\$52	\$42
<b>TUMBLE TIGERS 3</b>	5 1/2—6 1/2	Janelle	Tuesday Wednesday* Wednesday	3:30—4:20 pm 11:40—12:30 pm* 6:10—7:00 pm	\$55	\$44
<b>TUMBLE TIGERS 4</b> <small>Must be evaluated.</small>	5—7	Janelle	Tuesday Wednesday	6:00—7:00 pm 4:20—5:20 pm	\$60	\$48
<b>MINI TEAM</b> <small>Must be evaluated</small>	4—5 1/2	Janelle	Wednesday Thursday	1:30—2:30 pm 5:50—6:50 pm	\$60	\$48
* Denotes June/July-Only 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 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.

June classes are 4 week sessions. July and August are 3 week sessions.

### Summer Gymnastics Class Session dates

<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
June 6—27 July 11—25 August 8—22	June 7—28 July 12—26 August 9—23	June 8—29 July 13—27 August 10—24	August 11—25
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.

## 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 12—16  
Session 2 June 26—30  
Session 3 July 17—21



**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—12:00 pm  
**COST:** \$128  
**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 5—9  
Session 2 June 19—23  
Session 3 July 10—14  
Session 4 July 24—28



**DAYS:** MONDAY—FRIDAY  
**TIME:** 9:00 am—2:00 pm  
**COST:** \$150  
**AGES:** 7—12  
**LOCATION:** Dobbs Creek Rec Center  
**INSTRUCTORS:** Misty & Staff



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# Gymnastics Class Schedule

## June, July & August



CLASS	DAY	TIME	JUNE	JULY	AUG.
<b>GIRLS GYM 1</b>	MONDAY TUESDAY TUESDAY THURSDAY	*11:30 am—12:20 pm 5:10 pm—6:00 pm 7:00 pm—7:50 pm 5:45 pm—6:35 pm	\$55	\$44	\$44
<b>GIRLS GYM 2 / 3</b>	TUESDAY WEDNESDAY THURSDAY	6:00 pm—7:00 pm *8:30 am—9:30 am 4:45 pm—5:45 pm	\$60	\$48	\$48
<b>BOYS GYM</b>	TUESDAY TUESDAY	5:30 pm—6:20 pm 6:30 pm—7:20 pm	\$55	\$44	\$44

\*Denotes June and July Only.

### Deven Pressley

Deven is the lead instructor of our older gymnasts and has been with the CRPD gymnastics program for 30 years. She is a member of USA Gymnastics and Amateur Athletic Union. Through USAG, she is Safety Certified, has completed the USAG University's School of Recreational gymnastics, and is a certified meet director.

June classes will be a 4-week Session; July & August classes will be a 3-week session

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
June 5—26 July 10—24 August 7—21	June 6—27 July 11—25 August 8—22	June 7—28 July 12—26	June 8—29 July 13—27 August 10—24

All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlenega Highway

