



# Gymnastics Class

*September —May  
Early Childhood*



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	\$66
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	\$66
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 11:20 –12:00 pm 3:30—4:10 pm 4:20—5:00 pm 10:50—11:30 am	\$73
TUMBLE TIGERS 2		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	\$73
TUMBLE TIGERS 3		5 1/2—6 1/2	Janelle	Tuesday Wednesday	3:30—4:20 pm 6:10—7:00 pm	\$80
MUST BE EVALUATED	TUMBLE TIGERS 4	5—7	Janelle	Tuesday Wednesday	6:00—7:00 pm 4:20—5:20 pm	\$86
	MINI TEAM	4—5 1/2	Janelle	Wednesday Thursday	1:30—2:30 pm 5:50—6:50 pm	\$86

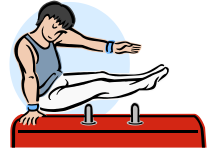
Janelle Tencza is the lead instructor of our early childhood gymnastics program. She grew up in Milton, GA and has been involved in the sport of gymnastics for over 40 years as a gymnast and coach. She has taught classes and teams for Miss Trish and Coach Deven for over 16 years here at the Cumming Recreation 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 All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway**

<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>
Sept 12—Oct 24 (No class Sept 26) Nov 7—Dec 19 (No class Nov 21) Jan 2—Feb 6 Feb 20—Mar 26 Apr 9—May 14	Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 (No class Nov 22) Jan 3—Feb 7 Feb 21—Mar 27 Apr 10—May 15	Sept 14—Oct 26 (No class Sept 28) Nov 2—Dec 14 (No class Nov 23) Jan 4—Feb 8 Feb 22—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 29 Apr 12—May 17



# Gymnastics Classes



CLASS	AGE	DAY	TIME	PRICE
<b>GIRLS GYM 1</b>	6 & Up	MONDAY MONDAY TUESDAY TUESDAY WEDNESDAY THURSDAY	3:20—4:10 pm 5:10—6:00 pm 3:15—4:05 pm 6:45—7:35 pm 4:30—5:20 pm 5:45—6:35 pm	\$81
<b>GIRLS GYM 2</b>	6 & Up	MONDAY TUESDAY WEDNESDAY THURSDAY	4:10—5:10pm 5:45—6:45 pm 3:30—4:30 pm 6:35—7:35 pm	\$89
<b>GIRLS GYM 3 *</b> (must be evaluated)	6 & Up	MONDAY THURSDAY	6:00—7:00 pm 3:15—4:15 pm	\$89
<b>BOYS GYM 1</b>	6 & Up	MONDAY WEDNESDAY	7:30—8:20 pm 3:15—4:05 pm	\$81
<b>BOYS GYM 2</b>	6 & Up	MONDAY WEDNESDAY	3:30—4:30 pm 7:00—8:00 pm	\$89
<b>TUMBLING 1</b>	6 & Up	MONDAY	5:10—6:00 pm	\$81
<b>TUMBLING 2</b>	6 & Up	MONDAY	6:00—6:50 pm	\$81
<b>SPECIAL NEEDS GYM</b>	7-12	TUESDAY THURSDAY	4:15—5:00 PM 5:15—6:00 PM	\$81

***Deven Pressley** 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. 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>
Sept 11—Oct 23 (No class Sept 25) Nov 6—Dec 18 (No class Nov 20) Jan 8—Feb 12 Feb 19—Mar 25 Apr 8—May 13	Sept 12—Oct 24 (No class Sept 26) Nov 7—Dec 19 (No class Nov 21) Jan 2—Feb 6 Feb 20—Mar 26 Apr 9—May 14	Sept 13—Oct 25 (No class Sept 27) Nov 1—Dec 13 (No class Nov 22) Jan 3—Feb 7 Feb 21—Mar 27 Apr 10—May 15	Sept 14—Oct 26 (No class Sept 28) Nov 2—Dec 14 (No class Nov 23) Jan 4—Feb 8 Feb 22—Mar 28 Apr 11—May 16

**All Classes Held at Dobbs Creek Recreation Center at 1115 Dahlonega Highway**

## 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 6 & 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 6 & 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 6 & Up.

**SPECIAL NEEDS GYM** - A gymnastics class with a smaller ratio designed for children that require a little extra help from their coaches. Participants must be verbal and able to communicate, able to use the restroom independently, able to keep their hands to themselves and able to stay on task for 45 minutes. Ages 7-12

## 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.





# TEAM GYMNASTICS



<b>MONDAY</b> Aug 7—Aug 28 Sept 4—Oct 2 (No class Sept 25) Oct 9—Oct 30 Nov 6—Dec 4 (No class Nov 20) Dec 11—Jan 15 (No class Dec 25) Jan 22—Feb 12 Feb 19—Mar 11 Mar 18—Apr 15 (No class Apr 1) Apr 22—May 13	<b>TUESDAY</b> Aug 8—Aug 29 Sept 5—Oct 3 (No class Sept 26) Oct 10—31 Nov 7—Dec 5 (No class Nov 21) Dec 12—Jan 16 (No class Dec 26) Jan 23—Feb 13 Feb 20—Mar 12 Mar 19—Apr 16 (No class Apr 2) Apr 23—May 14	<b>WEDNESDAY</b> Aug 9—Aug 30 Sept 6—Oct 4 (No class Sept 27) Oct 11—Nov 1 Nov 8—Dec 6 (No class Nov 22) Dec 13—Jan 17 (No class Dec 27) Jan 24—Feb 14 Feb 21—Mar 13 Mar 20—Apr 17 (No class Apr 3) Apr 24—May 15	<b>THURSDAY</b> Aug 10—31 Sept 7—Oct 5 (No class Sept 28) Oct 12—Nov 2 Nov 9—Dec 7 (No class Nov 23) Dec 14—Jan 18 (No class Dec 28) Jan 25—Feb 15 Feb 22—Mar 14 Mar 21—Apr 18 (No class Apr 4) Apr 25—May 16	<b>FRIDAY</b> Aug 11—Sept 1 Sept 8—Oct 6 (No class Sept 29) Oct 13—Nov 3 Nov 10—Dec 8 (No class Nov 24) Dec 15—Jan 19 (No class Dec 29) Jan 26—Feb 16 Feb 23—Mar 15 Mar 22—Apr 19 (No class Apr 5) Apr 26—May 17
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AGE GROUP / CLASS		DAY	TIME	PRICE
GYMNASTS MUST BE EVALUATED BY INSTRUCTOR	GIRLS BURGUNDY	Monday Tuesday Thursday	5:00—9:00 pm	\$264
	GIRLS TEAL	Monday Tuesday Thursday	5:00—9:00 pm	\$264
	GIRLS BLUE	Tuesday Thursday Friday	5:00—9:00 pm	\$264
	GIRLS PINK	Monday Wednesday Friday	5:00—9:00 pm	\$264
	GIRLS ORANGE	Monday Wednesday Friday	5:00—8:30 pm	\$231
	GIRLS NAVY	Tuesday Thursday	5:30—8:30 pm	\$164
	GIRLS RED	Tuesday Thursday Friday	3:40—6:10 pm	\$180
	GIRLS PURPLE	Monday Wednesday	5:30—8:00 pm	\$136
	GIRLS WHITE	Tuesday Thursday	3:40—6:10 pm	\$136
	GIRLS PEARL (Ruby)	Tuesday Thursday	5:00—6:00 pm 4:15—5:15 pm	\$64
	GIRLS LAVENDER (Preteam)	Monday Wednesday	3:40—5:10 pm	\$82
	BOYS BLACK	Monday Wednesday Friday	4:30—7:30 pm 4:00—7:00 pm 4:30—8:00 pm	2 Day \$164 3 Day \$228
	BOYS PRETEAM	Friday	3:30—4:30 pm	\$40

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

DOBBS CREEK RECREATION CENTER 1115 DAHLONEGA HIGHWAY, CUMMING GA