



# Gymnastics Class

September — May  
Early Childhood

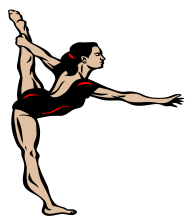


CLASS	AGE	INSTRUCTOR	DAY	TIME	PRICE
MOM, POP & TOTS	15 Months— 2 1/2 Years	Janelle	Tuesday Wednesday Wednesday Friday	9:30—10:00 am 10:40—11:10 am 5:30—6:00 pm 9:30—10:00 am	\$66
MINI TOTS	2 1/2—3 1/2	Janelle	Tuesday Tuesday Wednesday Thursday Friday	10:10—10:40 am 4:30—5:00 pm 10:00—10:30 am 5:10—5:40 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—7	Janelle	Tuesday Wednesday	3:30—4:20 pm 6:10—7:00 pm	\$80
MUST BE EVALUATED	TUMBLE TIGERS 4	Janelle	Tuesday Wednesday	6:00—7:00 pm 4:20—5:20 pm	\$86
	MINI TEAM	Janelle	Wednesday Thursday	1:30—2:30 pm 5:50—6:50 pm	\$86

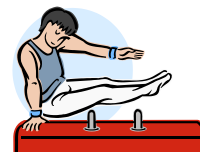
Janelle Tencza is the lead instructor of our early childhood gymnastics program. She grew up in Milton, GA and has been involved in the sport of gymnastics for over 40 years as a gymnast and coach. She has taught classes and teams for Miss Trish and Coach Deven for over 16 years here at the Cumming Recreation 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>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</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
GIRLS GYM 1	6 & Up	MONDAY	3:20—4:10 pm	\$81
		MONDAY	5:10—6:00 pm	
		TUESDAY	3:15—4:05 pm	
		TUESDAY	6:45—7:35 pm	
		WEDNESDAY	4:30—5:20 pm	
GIRLS GYM 2	6 & Up	THURSDAY	5:45—6:35 pm	\$89
		MONDAY	4:10—5:10pm	
		TUESDAY	5:45—6:45 pm	
		WEDNESDAY	3:30—4:30 pm	
GIRLS GYM 3 * (must be evaluated)	6 & Up	THURSDAY	6:00—7:00 pm	\$89
		MONDAY	3:15—4:15 pm	
BOYS GYM 1	6 & Up	WEDNESDAY	7:30—8:20 pm	\$81
		MONDAY	3:15—4:05 pm	
BOYS GYM 2	6 & Up	WEDNESDAY	3:30—4:30 pm	\$89
		MONDAY	7:00—8:00 pm	
TUMBLING 1	6 & Up	MONDAY	5:10—6:00 pm	\$81
TUMBLING 2	6 & Up	MONDAY	6:00—6:50 pm	\$81
SPECIAL NEEDS GYM	7-12	THURSDAY	4:15—5:00 PM	\$81
		TUESDAY	5:15—6:00 PM	

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

