

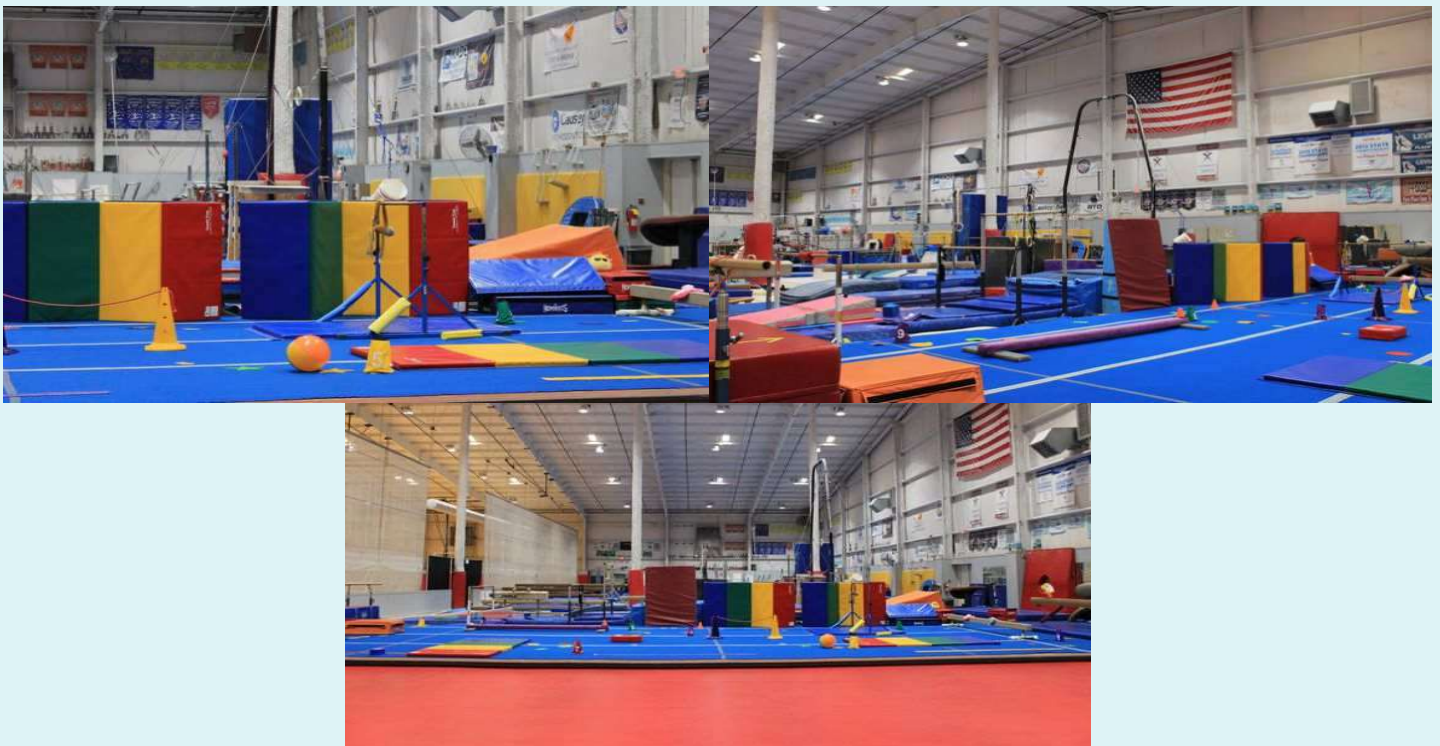
Gymnastics

Dobbs Creek Recreation Center 1115 Dahlonega Hwy. Cumming

Lead Instructors

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 for Miss Trish 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.

Rae Barnes has been dedicated to gymnastics since age 3. She participated in CRPD classes and progressing to Level 6 at GymSations. At age 14, she began assisting and coaching. Rae is now the proud owner and driving force behind Incoming Gymnastics. Her commitment to the gym and its athletes is unwavering, as she dedicates herself to inspiring and nurturing young gymnasts daily. Rae and her coaches are members of USA Gymnastics and AAU Gymnastics.



Gymnastics for Young Children

AGE 15 MOS. TO 7 YEARS

WITH COACH JANELLE

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 1/2–7 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. Must be evaluated.

Gymnastics for Older Youth

AGE 6 YEARS AND UP

WITH COACH RAE

GIRLS GYMNASTICS 1–3 (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.

TUMBLING 1-3 (Progressive) - Students will learn strength and flexibility to accomplish the basic tumbling skills. Age 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. Age 6 & up.

For TEAM Gymnastics evaluation and registration see www.incominggymnastics.com



Gymnastics participant families must stay in the designated gymnastics viewing area.



Gymnastics

Age 15 mos. -7 yr. with Coach Janelle

MOM, POP & TOTS Ages 15 Months–2 1/2 Years \$75

Tuesday 9:30-10:00 am
Wednesday 10:50-11:20 am
Wednesday 5:30-6:00 pm
Friday 9:30-10:00 am

Sessions (6wks)

Tuesdays

Sept 10-Oct 22
(no class Sept 24)
Nov 5-Dec 17
(no class Nov 26)
Jan 7-Feb 11
Feb 18-Mar 25
Apr 8-May 13

MINI TOTS Ages 2 1/2–3 1/2 \$75

Tuesday 10:10-10:40 am
Tuesday 4:30-5:00 pm
Wednesday 10:10-10:40 am
Thursday 5:10 -5:40 pm
Friday 10:10-10:40 am



TUMBLE TIGERS 1 Ages 3 1/2--4 1/2 \$85

Tuesday 10:50-11:30 am
Tuesday 1:30-2:10 pm
Wednesday 11:30 am-12:10 pm
Wednesday 3:30-4:10 pm
Thursday 4:20-5:00 pm
Friday 10:50-11:30 am

Wednesdays

Sept 11-Oct 23
(no class Sept 25)
Nov 6-Dec 18
(no class Nov 27)
Jan 8-Feb 12
Feb 19-Mar 26
Apr 9-May 14

TUMBLE TIGERS 2 Ages 4 1/2-5 1/2 \$85

Tuesday 11:40 am-12:20 pm
Tuesday 5:10-5:50 pm
Thursday 3:30-4:10 pm
Friday 11:40 am-12:20 pm

Thursdays

Sept 12-Oct 24
(no class Sept 26)
Nov 7- Dec 19
(no class Nov 28)
Jan 9-Feb 13
Feb 20-Mar 27
Apr 10-May 15

TUMBLE TIGERS 3 Ages 5 1/2-7 \$90

Tuesday 3:30-4:20 pm
Wednesday 6:10-7:00 pm

TUMBLE TIGERS 4 Ages 5-7 \$100

Must be evaluated for this class.

Tuesday 6:00 -7:00 pm
Wednesday 4:20 -5:20 pm

MINI TEAM Ages 4-5 1/2 \$100

Must be evaluated for this class.

Wednesday 1:15-2:15 pm
Thursday 5:50-6:50 pm



Fridays

Sept 13-Oct 25
(no class Sept 27)
Nov 8-Dec 20
(no class Nov 29)
Jan 10-Feb 14
Feb 21-Mar 28
Apr 11-May 16



Gymnastics

Age 6+ with Coach Rae

GIRLS GYM 1 \$90

MONDAY 4:00-4:50 PM
 MONDAY 6:10-7:00 PM
 TUESDAY 5:10-6:00 PM
 WEDNESDAY 5:20-6:10 PM
 THURSDAY 4:10-5:00 PM
 THURSDAY 5:10-6:00 PM

GIRLS GYM 2 \$100

MONDAY 5:00-6:00 PM
 MONDAY 7:10-8:10 PM
 TUESDAY 4:00-5:00 PM
 TUESDAY 7:00-8:00 PM
 WEDNESDAY 6:20-7:20 PM
 THURSDAY 7:20-8:20 PM

GIRLS GYM 3 (Must be evaluated) \$100

WEDNESDAY 7:30-8:30 PM
 THURSDAY 6:10-7:10 PM

BOYS GYM 1 \$90

MONDAY 3:40-4:30 PM
 WEDNESDAY 4:50-5:40 PM
 FRIDAY 4:30-5:20 PM

BOYS GYM 2 \$100

WEDNESDAY 3:40-4:40 PM

TUMBLING 1 \$90

MONDAY 4:10-5:00 PM

TUMBLING 2 \$100

MONDAY 5:10-6:10 PM

TUMBLING 3 (Must be evaluated) \$100

FRIDAY 4:00-5:00 PM

Gymnastics participant families must stay in the designated gymnastics viewing area.

6 WEEK SESSIONS

MONDAYS

Sept 9–Oct 21
 (No class Sept 23)
 Nov 4–Dec 16
 (no class Nov 25)
 Jan 6–Feb 10
 Feb 17–Mar 24
 Apr 7–May 12

TUESDAYS

Sept 10- Oct 22
 (no class Sept 24)
 Nov 5–Dec 17
 (No class Nov 26)
 Jan 7–Feb 11
 Feb 18–Mar 25
 Apr 8–May 13

WEDNESDAYS

Sept 11-Oct 23
 (no class Sept 25)
 Nov 6–Dec 18
 (No class Nov 27)
 Jan 8–Feb 12
 Feb 19–Mar 26
 Apr 9–May 14

THURSDAYS

Sept 12-Oct 24
 (no class Sept 26)
 Nov 7-Dec 19
 (No class Nov 28)
 Jan 9–Feb 13
 Feb 20–Mar 27
 Apr 10–May 15

FRIDAYS

Sept 13-Oct 25
 (No class Sept 27)
 Nov 8-Dec 20
 (no class Nov 29)
 Jan 10–Feb 14
 Feb 21–Mar 28
 Apr 11–May 16