

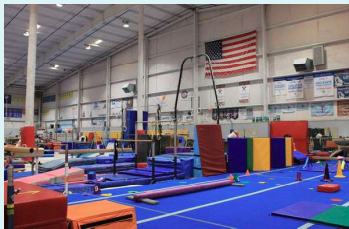
Gymnastics

Dobbs Creek Recreation Center
1115 Dahlonge Hwy. Cumming, GA

Meet our 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 graduated from Brigham Young University with a degree in Athletic Training & Sports Medicine and is currently a member of USA Gymnastics and AAU Gymnastics. Janelle has a special talent for developing the love of gymnastics in our younger gymnasts.

Rae Barnes has been dedicated to gymnastics since age 3. She participated in the CRPD classes and progressing to Level 6 Gymnast. 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.



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 ½ 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 ½–3 ½ years.

TUMBLE TIGERS 1, 2 & 3—Gymnastic classes that use all gymnastics equipment and introduces basic skills and progressions appropriate for the ages and abilities.

TT1 Ages 3 ½–4 ½ years; TT2 Ages 4 ½–5 ½ years; TT3 Ages 5 ½–7 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 ½ years. Must be evaluated to register for this class.

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 to register for this class.

Gymnastics

Age 15 mos. -7 yr. with Coach Janelle

MOM, POP & TOTS Age 15 Mos.--2 ½ \$80

Tuesday 9:30-10:00 am

Wednesday 10:10-10:40 am

Wednesday 5:30-6:00 pm

Friday 9:30-10:00 am

MINI TOTS Age 2 ½-3 ½ \$80

Tuesday 10:10-10:40 am

Tuesday 4:30-5:00 pm

Wednesday 9:30-10:00 am

Wednesday 11:40-12:10 pm

Thursday 5:10 -5:40 pm

Friday 10:10-10:40 am



TUMBLE TIGERS 1 Age 3 ½--4 ½ \$90

Tuesday 10:50-11:30 am

Tuesday 1:30-2:10 pm

Wednesday 10:50 am-11:30 am

Wednesday 3:30-4:10 pm

Thursday 4:20-5:00 pm

Friday 10:50-11:30 am



TUMBLE TIGERS 2 Age 4 ½--5 ½ \$90

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

TUMBLE TIGERS 3 Age 5 ½-7 \$95

Tuesday 3:30-4:20 pm

Wednesday 6:10-7:00 pm

TUMBLE TIGERS 4 Age 5-7 \$105

Must be evaluated for this class.

Tuesday 6:00 -7:00 pm

Wednesday 4:20 -5:20 pm

MINI TEAM Age 4-5 ½ \$105

Must be evaluated for this class.

Wednesday 1:30-2:30 pm

Thursday 5:50-6:50 pm

Sessions (6wks)

Tuesday Classes

Sept 9-Oct 21

no class Sept 23

Nov 4-Dec 16

no class Nov 25

Jan 6-Feb 10

Feb 24-Mar 31

Apr 14-May 19

Wednesday Classes

Sept 10-Oct 22

no class Sept 24

Nov 5-Dec 17

no class Nov 26

Jan 7-Feb 11

Feb 25-Apr 1

Apr 15-May 20

Thursday Classes

Sept 11-Oct 23

no class Sept 25

Nov 6-Dec 18

no class Nov 27

Jan 8-Feb 12

Feb 26-Apr 2

Apr 16-May 21

Friday Classes

Sept 12-Oct 24

no class Sept. 26

Nov 7-Dec 19

no class Nov 28

Jan 9-Feb 13

Feb 26-Apr 3

Apr 17-May 22

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

Gymnastics

Age 6+ 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. Gymnasts begin with Girls Gym 1 and must complete an evaluation to progress to the next level. Ages 6 & up.

BOYS GYMNASTICS 1 - A set of classes for boys to learn basic gymnastics skills through appropriate skill progressions on men's events. Ages 6 & up.

TEAM 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

GIRLS GYM 1 \$95

Tuesday 3:30-4:20 pm

Wednesday 4:00-4:50 pm

Thursday 5:00-5:50 pm

GIRLS GYM 2 \$105

Tuesday 4:30-5:30 pm

Wednesday 6:00-7:00 pm

Thursday 4:00-5:00 pm

GIRLS GYM 3 \$105 (Must be evaluated)

Wednesday 5:00-6:00 pm

BOYS GYM 1 \$95

Tuesday 3:30-4:20 pm

Thursday 4:30-5:30 pm

For Team Gymnastics

Contact: info@incominggymnastics.com

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Sessions (6wks)

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Apr 14-May 19

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Sept 10-Oct 22
no class Sept 24
Nov 5-Dec 17
no class Nov 26
Jan 7-Feb 11
Feb 25-Apr 1
Apr 15-May 20

Thursday Classes

Sept 11-Oct 23
no class Sept 25
Nov 6-Dec 18
no class Nov 27
Jan 8-Feb 12
Feb 26-Apr 2
Apr 16-May 21



The CRPD Gymnastics Program offers current participants an early registration period. (Excludes summer program participants.)