



GIRLS & BOYS GYMNASSTIC



This is a gymnastics program for boys and girls, ages four and up. This program includes tumbling, balance beam, uneven bars and vault. Instructor ratio is 1 to 7. Parents are welcome to come into the gym to watch the first and last class. Winter session meets 12 times. Spring sampler session meets 4 times.

Tumble Bees

Ages 4 through Kindergarten

Participants will work on beginning tumbling skills and will also learn basic skills on the balance beam, uneven bars and vault. Skills learned will help develop large muscle tone and coordination.

Leapers

Grades 1-5

This level is for children in elementary school with little or no gymnastics experience. Participants will be exposed to beginning gymnastics skills on various pieces of apparatus to help improve their balance, strength and coordination.

Winter Session

Irondale Gymnastic Gym
Monday, January 9-April 10 (No class Feb. 6, March 20)
\$106

#14248	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#14250	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#14252	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#14254	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

Spring Session

Irondale Gymnastic Gym
Monday, April 17-May 8
\$36

#14249	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#14251	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#14253	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#14255	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

Cartwheelers

Grades 1-5

This level is for children currently in elementary school with at least one year of gymnastics experience and exposure to various pieces of apparatus. Participants must be able to perform a cartwheel and a pull over on the bar. Intermediate skills will be introduced.

Springers & Teens

Grades 3 and up

This level is for participants with a more advanced skill level who have their instructor's approval. Participants will focus on perfecting their form and technique, while learning more advanced skills. Participants will work on skills to increase strength, flexibility and endurance.

Ice Skating Lessons

Ages 5-8

This instructional skating class is intended for children ages 5 and up who are just learning to skate or would like to improve their skating skills. Kids learn at their own pace and skills introduced may include forward and backward skating, stops and starts, crossovers, spins, swizzles, glides and turns. Please bring children early to allow time for them to put on their skates. Children should wear a warm jacket, snow pants, gloves, scarf or face wrap. Helmets are recommended for beginning skaters. Classes cancelled due to extreme cold weather will be rescheduled. Come and enjoy learning to skate with our instructors Heather and Will. The cancellation hotline number is 651-638-2141. Classes meet twice a week for 2 weeks.
Min. 4 Max. 12

Beginner
Freedom Park Neighborhood Center
Tues/Thurs.....Jan. 24-Feb. 2
5:00 pm-5:45 pm.....Ages 5 & up
#14223.....\$36

Beginner
Freedom Park Neighborhood Center
Tues/Thurs.....Jan. 24-Feb. 2
6:00 pm-6:45 pm.....Ages 5 & up
#14224.....\$36

