

# Celebrate Gymnastics

## Winter 2012 Session

January 11-March 16

### *Positively Fit!*

Classes begin the week of January 11!

**10 Weeks of Gymnastics Fun! Session runs until Spring Break!**

[www.CelebrateGymnastics.com](http://www.CelebrateGymnastics.com)

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Gymnastics, a positive way for children to stay in shape!

📍 **Our Philosophy** - This program works to serve the needs of recreational gymnasts in tumbling, beam, bars and spring board. In classes filled with movement, cooperation, and fun, boys and girls of all ages work on their physical and social development! From gross and fine motor skills, balance, and agility to teamwork, taking turns, and helping each other, classes at Celebrate Gymnastics foster a positive attitude and a fun spirit! Skills learned in gymnastics carry over to other sports and into an academic setting as well. Body control, muscle movement, and classroom skills help children succeed inside and outside the gym!

📍 **Registration Information –**

- ❖ We hold classes at the Celebration Community Center, 851 Celebration Ave.
- ❖ The prorated annual registration fee is: \$15 for one gymnast, \$25 per family.
- ❖ **We have an open program and accept new students at any time.**
- ❖ Missed classes may be made up within the current session.
- ❖ Payment should be by cash or check, payable to Celebrate Gymnastics.

Tuesday		Wednesday	
4:15-5:15	Jr/Sr/Open Gym	9:15-9:50	Parent-Tot
4:30-5:15	Mini/Tumble Combo	12:30-1:15	Mini Gym
5:15-6:00	Mini Gym		
5:15-6:00	Tumble Gym	4:00-4:45	Mini Gym
6:00-6:45	Tumble Gym	4:00-4:45	Tumble Gym
6:00-7:00	Cheer, Move, & Tumble	4:45-5:30	Tumble Gym
		4:45-5:45	Jr/Sr/Open Gym
	See back for pricing and	5:30-6:45	Rock n' Roll
	class descriptions.	5:30-7:30	Stars and Stripes

## **Class Descriptions and Pricing (based on one class a week for the full 10 week session)**

### **Parent-Tot - Ages 15 Months - 3 Years. \$115 – for the 10 week session**

A fun and active class that is a workout for kids and parents alike! Parents partner with their children for a variety of activities while learning how to properly support and aid their child's physical development. This class gives parents a wonderful opportunity to spend time with their child, while simultaneously allowing them to interact with others in a fun and social way. The exciting equipment and music aid children's cerebral development as they learn to recognize various shapes, colors, body parts and rhythms!

### **Mini Gym - Ages 3- 4 years. \$125 – for the 10 week session**

This class for our youngest independent gymnasts focuses on gross motor skills and coordination. Classes are designed to keep children in motion, while also teaching classroom skills such as station rotation and taking turns. An emphasis is placed on learning skills safely in order to foster safe playground activity to help reduce accidents and injuries. Songs and games are incorporated so children are engaged and have a great time!

### **Tumble Gym- Ages 5 – 6 years. \$125 – for the 10 week session**

For young school children, this class is an excellent way to learn basic gymnastic skills, exercise, and have fun with friends! Here children begin to develop the strength and flexibility required for gymnastics and other sports! Activities focus on improving core strength as well as working on balance and agility. Taught with a positive and exciting approach, it helps kids to associate exercise with fun! Children are also trained to move and tumble in a safe manner-a lesson that carries from the gym to the playground!

### **Junior/Senior Gym -Ages 7 and up. \$145 – for the 10 week session**

Gymnasts of any level are welcome to attend this class, as it focuses both on learning gymnastics skills and improving technique and form. Children are able to do more independently, so coaches give individual attention to each gymnast in order to provide specific feedback and aid skill progression. Emphasis is placed on form and muscle strength while performing basic skills in order to ensure a smooth transition to more difficult skills.

### **Open Gym -Ages 7 and up. \$145- for the 10 week session –or- Open Gym is \$20 per class**

Gymnasts continue to learn and perfect their basic to intermediate gymnastics skills, while improving overall physical fitness through strength and flexibility training. Gymnasts who participate in other sports will notice an improvement in their performance as their gymnastics activities aid their balance and agility.

### **Performance Teams - Rock N Roll \$165, Stars and Stripes \$265**

**By invitation. Season runs from August to June.**

We offer a \$10 multi-class and sibling discount. Payment plans are also available. Celebrate Gymnastics is a program run by a mom and resident. As we enter our 11<sup>th</sup> season, please know that we strive to be flexible for families. Without you, this program would not be here to touch the lives of more than 125 children each week. Thank you for rolling and flipping with us. If you have any comments or suggestions, please feel free to contact us.

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