

2021 Spring Gymnastics Schedule

Session 1: 3/22 – 4/17

Session 2: 4/19 – 5/15

Parent/Tot Tumbling

Spend time with your little one while helping them increase spatial awareness, gross motor and social skills through fun obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered. Min/Max: 4/12

Location: Chilson Gymnastics Center

Age: 1.5-3

Fee: \$35

Day	Date	Time	Class #
Tu	3/23-4/13	9:00- 9:30A	230101-03
W	3/24-4/14	9:15- 9:45A	230101-04
Th	3/25-4/15	9:45-10:15A	230101-05
F	3/26-4/16	11:00-11:30A	230101-06
Sa	3/27-4/17	9:00- 9:30A	230101-07
Tu	4/20-5/11	9:00- 9:30A	230201-03
W	4/21-5/12	9:15- 9:45A	230201-04
Th	4/22-5/13	9:15- 9:45A	230201-05
F	4/23-5/14	11:00-11:30A	230201-06
Sa	4/24-5/15	9:00- 9:30A	230201-07

Wiggle Worms

Get your wiggles out as we move, tumble, climb, bounce and swing! A transitional class for those 3 year olds seeking more independence. Parent participation optional. Min/Max: 4/6

Location: Chilson Gymnastics Center

Age: 3-3

Fee: \$35

Day	Date	Time	Class #
Tu	3/23-4/13	9:45-10:15A	230103-02
Th	3/25-4/15	9:00- 9:30A	230103-03
F	3/26-4/16	10:00-10:30A	230103-04
Tu	4/20-5/11	9:45-10:15A	230203-02
Th	4/22-5/13	9:00- 9:30A	230203-03
F	4/23-5/14	10:00-10:30A	230203-04

Tumbling Tots

Experience exciting obstacle courses, increase strength, balance and flexibility in a fun, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this fun-filled class! Min/Max: 4/6

Location: Chilson Gymnastics Center

Age: 3-4

Fee: \$45

Day	Date	Time	Class #
Tu	3/23-4/13	10:45-11:30A	230106-02
W	3/24-4/14	10:15-11:00A	230106-03
W	3/24-4/14	4:30- 5:15P	230106-04
Th	3/25-4/15	10:45-11:30A	230106-05
F	3/26-4/16	9:00- 9:45A	230106-06
Sa	3/27-4/17	10:00-10:45A	230106-07
Tu	4/20-5/11	10:45-11:30A	230206-02
W	4/21-5/12	10:15-11:00A	230206-03
W	4/21-5/12	4:30- 5:15P	230206-04
Th	4/22-5/13	10:45-11:30A	230206-05
F	4/23-5/14	9:00- 9:45A	230206-06
Sa	4/24-5/15	10:00-10:45A	230206-07

Tumble Mania

Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and handsprings. Most skills and drills will first be learned on the Tumbler Trampoline then progress to the floor exercise mat. As the child progresses, more advanced tumbling skills will be introduced. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 3.5-5

Fee: \$45

Day	Date	Time	Class #
Tu	3/23-4/13	11:45A-12:30P	230108-02
F	3/26-4/16	11:45A-12:30P	230108-03
Tu	4/20-5/11	11:45A-12:30P	230208-02
F	4/23-5/14	11:45A-12:30P	230208-03

Kidnastics

Age appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility. Children will be introduced to basic gymnastic skills on the bars, beam, vault and floor exercise. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 4-5

Fee: \$52

Day	Date	Time	Class #
M	3/22-4/12	4:30- 5:30P	230110-03
W	3/24-4/14	5:30- 6:30P	230110-04
Th	3/25-4/15	11:45A-12:45P	230110-05
F	3/26-4/16	12:45- 1:45P	230110-06
Sa	3/27-4/17	11:00A-12:00P	230110-07
M	4/19-5/10	4:30- 5:30P	230210-03
W	4/21-5/12	5:30- 6:30P	230210-04
Th	4/22-5/13	11:45A-12:45P	230210-05
F	4/23-5/14	12:45- 1:45P	230210-06
Sa	4/24-5/15	11:00A-12:00P	230210-07

Advanced Kidnastics

For those 4 & 5 year olds who are ready for more advanced skills. Instructor approval required. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 4-5

Fee: \$52

Day	Date	Time	Class #
W	3/24-4/14	5:30- 6:30P	230115-01
Th	3/25-4/15	1:00- 2:00P	230115-02
W	4/21-5/12	5:30- 6:30P	230215-01
Th	4/22-5/13	1:00- 2:00P	230215-02

Intro to Gymnastics

New to gymnastics? This is the place to start! You will be introduced to all apparatus and terminology and be prepared for Novice, Level 1. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 6-12

Fee: 1 day/wk \$52; 2 days/wk \$67

Day	Date	Time	Class #
M	3/22-4/12	5:45- 6:45P	230117-01
Tu,Th	3/23-4/15	4:30- 5:30P	230117-02
W	3/24-4/14	6:45- 7:45P	230117-03
Sa	3/27-4/17	12:15- 1:15P	230117-04
M	4/19-5/10	5:45- 6:45P	230217-01
Tu,Th	4/20-5/13	4:30- 5:30P	230217-02
W	4/21-5/12	6:45- 7:45P	230217-03
Sa	4/24-5/15	12:15- 1:15P	230217-04

Novice Level 1

The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise.

Min/Max: 4/5

Location: Chilson Gymnastics Center

Age: 6-12

Fee: 1 day/wk \$52; 2 days/wk \$67

Day	Date	Time	Class #
M	3/22-4/12	5:45- 6:45P	230120-01
Tu,Th	3/23-4/15	4:30- 5:30P	230120-02
W	3/24-4/14	6:45- 7:45P	230120-03
Sa	3/27-4/17	12:15- 1:15P	230120-04
M	4/19-5/10	5:45- 6:45P	230220-01
Tu,Th	4/20-5/13	4:30- 5:30P	230220-02
W	4/21-5/12	6:45- 7:45P	230220-03
Sa	4/24-5/15	12:15- 1:15P	230220-04

Beginner Level 2

For those who have completed and mastered the skills in Novice - Level 1 and are ready for more challenging skills.

Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 6-12

Fee: 1 day/wk \$52; 2 days/wk \$67

Day	Date	Time	Class #
Tu,Th	3/23-4/15	5:45- 6:45P	230125-01
Sa	3/27-4/17	1:30- 2:30P	230125-03
Tu,Th	4/20-5/13	5:45- 6:45P	230225-01
Sa	4/24-5/15	1:30- 2:30P	230225-03

Adv. Beginner Lev 3

This level continues to build a strong foundation of skills on each event. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 6-12

Fee: \$67

Day	Date	Time	Class #
Tu,Th	3/23-4/15	5:45- 6:45P	230130-01
Tu,Th	4/20-5/13	5:45- 6:45P	230230-01

Intermediate Level 4

A more involved class focusing on fine tuning and correct execution of all skills on each event while continuing to learn new ones. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 6-12

Fee: \$67

Day	Date	Time	Class #
Tu,Th	3/23-4/15	7:00- 8:00P	230135-01
Tu,Th	4/20-5/13	7:00- 8:00P	230235-01

Adv. Inter. Level 5

This level corresponds with USAG level 5 in which advanced skills, strength and flexibility are emphasized. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 6-12

Fee: \$67

Day	Date	Time	Class #
Tu,Th	3/23-4/15	7:00- 8:00P	230140-01
Tu,Th	4/20-5/13	7:00- 8:00P	230240-01

Homeschool Gymnastics

Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum. Min/Max: 4/8

Location: Chilson Gymnastics Center

Age: 5-16

Fee: \$52

Day	Date	Time	Class #
W	3/24-4/14	11:15A-12:15P	<u>230150-01</u>
W	4/21-5/12	11:15A-12:15P	230250-01