

# 2021 Winter Gymnastics Schedule

Session 1: 1/11 – 2/6

Session 2: 2/8 - 3/6

## 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	1/12-2/2	9:00- 9:30A	130101-03
W	1/13-2/3	9:15- 9:45A	130101-04
Th	1/14-2/4	9:45-10:15A	130101-05
F	1/15-2/5	11:00-11:30A	130101-06
Sa	1/16-2/6	9:00- 9:30A	130101-07
Tu	2/9-3/2	9:00- 9:30A	130201-03
W	2/10-3/3	9:15- 9:45A	130201-04
Th	2/11-3/4	9:45-10:15A	130201-05
F	2/12-3/5	11:00-11:30A	130201-06
Sa	2/13-3/6	9:00- 9:30A	130201-07

## 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**

**Fee: \$35**

Day	Date	Time	Class #
Tu	1/12-2/2	9:45-10:15A	130103-02
Th	1/14-2/4	9:00- 9:30A	130103-03
F	1/15-2/5	10:00-10:30A	130103-04
Tu	2/9-3/2	9:45-10:15A	130203-02
Th	2/11-3/4	9:00- 9:30A	130203-03
F	2/12-3/5	10:00-10:30A	130203-04

## 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	1/12-2/2	10:45-11:30A	130106-02
W	1/13-2/3	10:15-11:00A	130106-03
W	1/13-2/3	4:30- 5:15P	130106-04
Th	1/14-2/4	10:45-11:30A	130106-05
F	1/15-2/5	9:00- 9:45A	130106-06
Sa	1/16-2/6	10:00-10:45A	130106-07
Tu	2/9-3/2	10:45-11:30A	130206-02
W	2/10-3/3	10:15-11:00A	130206-03
W	2/10-3/3	4:30- 5:15P	130206-04
Th	2/11-3/4	10:45-11:30A	130206-05
F	2/12-3/5	9:00- 9:45A	130206-06
Sa	2/13-3/6	10:00-10:45A	130206-07

## 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	1/12-2/2	11:45A-12:30P	130108-02
F	1/15-2/5	11:45A-12:30P	130108-03
Tu	2/9-3/2	11:45A-12:30P	130208-02
F	2/12-3/5	11:45A-12:30P	130208-03

## 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	1/11-2/1	4:30- 5:30P	130110-03
W	1/13-2/3	5:30- 6:30P	130110-04
Th	1/14-2/4	11:45A-12:45P	130110-05
F	1/15-2/5	12:45- 1:45P	130110-06
Sa	1/16-2/6	11:00A-12:00P	130110-07
M	2/8-3/1	4:30- 5:30P	130210-03
W	2/10-3/3	5:30- 6:30P	130210-04
Th	2/11-3/4	11:45A-12:45P	130210-05
F	2/12-3/5	12:45- 1:45P	130210-06
Sa	2/13-3/6	11:00A-12:00P	130210-07

## Advanced Kidnastics

For those 4 - 6 year olds who are ready for more advanced skills. Instructor approval recommended. Min/Max: 4/8

**Location:** Chilson Gymnastics Center

**Age:** 4-5

**Fee:** \$52

Day	Date	Time	Class #
W	1/13-2/3	5:30- 6:30P	130115-01
Th	1/14-2/4	1:00- 2:00P	130115-02
W	2/10-3/3	5:30- 6:30P	130215-01
Th	2/11-3/4	1:00- 2:00P	130215-02

## 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	1/11-2/1	5:45- 6:45P	130117-01
Tu,Th	1/12-2/4	4:30- 5:30P	130117-02
W	1/13-2/3	6:45- 7:45P	130117-03
Sa	1/16-2/6	12:15- 1:15P	130117-04
M	2/8-3/1	5:45- 6:45P	130217-01
Tu,Th	2/9-3/4	4:30- 5:30P	130217-02
W	2/10-3/3	6:45- 7:45P	130217-03
Sa	2/13-3/6	12:15- 1:15P	130217-04

## Novice Level 1

The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise. 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	1/11-2/1	5:45- 6:45P	130120-01
Tu,Th	1/12-2/4	4:30- 5:30P	130120-02
W	1/13-2/3	6:45- 7:45P	130120-03
Sa	1/16-2/6	12:15- 1:15P	130120-04
M	2/8-3/1	5:45- 6:45P	130220-01
Tu,Th	2/9-3/4	4:30- 5:30P	130220-02
W	2/10-3/3	6:45- 7:45P	130220-03
Sa	2/13-3/6	12:15- 1:15P	130220-04

## 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	1/12-2/4	5:45- 6:45P	130125-01
Sa	1/16-2/6	1:30- 2:30P	130125-03
Tu,Th	2/9-3/4	5:45- 6:45P	130225-01
Sa	2/13-3/6	1:30- 2:30P	130225-03

## 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	1/12-2/4	5:45- 6:45P	130130-01
Tu,Th	2/9-3/4	5:45- 6:45P	130230-01

## 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	1/12-2/4	7:00- 8:00P	130135-01
Tu,Th	2/9-3/4	7:00- 8:00P	130235-01

## 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	1/12-2/4	7:00- 8:00P	130140-01
Tu,Th	2/9-3/4	7:00- 8:00P	130240-01

## Homeschool Gymnastics

Join other homeschoolers for an hour of fun gymnastics. We will utilized 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	1/13-2/3	11:15A-12:15P	<u>130150-01</u>
W	2/10-3/3	11:15A-12:15P	130250-01