

GYMNASTICS

This program offers a spectrum of safe and fun progressive gymnastics classes designed to give each individual the opportunity to develop his or her potential as a total person: mentally, physically and emotionally. Children 5 years and over participate in a safe teaching progression following the levels set forth in the USAG progressive gymnastics program. If uncertain which class best suits your child, contact the gymnastics coordinator for a skill evaluation.

CLASS SCHEDULE: 30220

T(01)	5:30 - 6:15 PM	LEVEL 1/Rollers
T(02)	6:30 - 7:15 PM	LEVEL 1/Rollers
T(09)	5:30 - 6:30 PM	LEVEL 3/Kippers
TH(03)	6:30 - 7:15 PM	LEVEL 1/Rollers
TH(07)	6:30 - 7:30 PM	LEVEL 2/Swingers
TH(08)	5:30 - 6:30 PM	LEVEL 2/Swingers
F (04)	5:30 - 6:15 PM	LEVEL 1/Rollers
F(05)	6:30 - 7:15 PM	LEVEL 1/Rollers
F(06)	6:30 - 7:30 PM	LEVEL 2/Swingers
F(06)	5:30 - 6:30 PM	LEVEL 3/Kippers

Level 1 / Rollers

No experience necessary, just a willingness to learn. Focus is on the "building blocks" of the 4 events: vault, uneven bars, balance beam and floor exercise including dance skills.

Fees:

Members	\$27
Program Participants	\$53

Level 2 / Swingers

Progression of basic skills learned in Level 1 to more advanced gymnastics.

Fees:

Members	\$28
Program Participants	\$55

Level 3 / Kippers

For the more advanced gymnast adding complexity and skill combinations.

Fees:

Members	\$36
Program Participants	\$70

Pre-Team

By "invitation only", the precursor to the competitive team. Focus is on teaching skills and routines used at the first competitive level. For more information, contact us at 791-5000.

COMPETITIVE GYMNASTICS TEAM

Home of the Nationally recognized "Blue Ash Bounders", the team program seeks to develop self-esteem, good sportsmanship, and discipline through competitive gymnastics. Our competitive league is the Region 5 Southwest Ohio Cluster within the Great Lakes Zone. For more information, contact: us at 791-5000 ext 2614.

PRESCHOOL TUMBLING

Introduce your preschooler to the fun of tumbling. Learn proper warm-ups, pre-gymnastic skills, balance beam and vaulting techniques, along with gymnastic vocabulary. It is recommended that children attend both days. Children new to gymnastics should begin with Tumble Bees class (ages are recommended placements). All classes held in the gym.

Tumble Bees (3 years)

T(09) TH(10) 10:55-11:25am

Pre-Tumbling (3 1/2 - 4 Years)

T(01) TH(02) 10:20 - 10:50am

Tumbling (4-5 years)

T(03) TH(04) 9:30 - 10:15am

Fees:

Members	\$26
Program Participants	\$52

