

SUMMER 2019 RECREATIONAL CLASSES

<u>AM CLASSES</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent Tot (18 months up to 3yrs)	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	NO CLASSES	9:00 - 9:45
PRE SCHOOL (3 yrs to 5.5 yrs)	11:00 - 12:00	11:00 - 12:00	11:00 - 12:00	11:00 - 12:00	NO CLASSES	9:00 - 10:00 10:00 - 11:00 11:00 - 12:00

<u>PM CLASSES</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRE SCHOOL (4 yrs to 5.5 yrs)	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	NO CLASSES	9:00-10:00 10:00-11:00 11:00-12:00
GIRLS: (5.5 yrs & up) BEGINNERS & INTERMEDIATES	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	4:30-5:30 5:30-6:30	NO CLASSES	9:00-10:00 10:00-11:00 11:00-12:00
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ADVANCED (1 1/2 hrs)	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	NO CLASSES	10:00- 11:30
BOYS: (5.5yrs & up) Combo BEG & INT	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	NO CLASSES	9:00-10:00
ADVANCED *		*5:30-6:30		*5:30-6:30		*10:00-11:00

SESSION DATES

SUMMER SESSION 6A: JUNE 3 - JUNE 29

SUMMER SESSION 6B: JULY 8 - AUGUST 3

PRIORITY & OPEN REGISTRATION

For Summer sessions there is no Priority Registration time. Registration opens May 20th for both Session #6A and #6B. Registration is on a strictly first come, first serve basis. Space is limited. Registering for one does not guarantee a spot in the other session. New Summer families will receive priority for Fall Registration behind those actively enrolled in Session #5 in May 2019.

SCHEDULED CLOSINGS

Classes will not be held on the following dates and tuition has been adjusted for those classes.

The week of July 1st- 6th.

Annual Membership Fee \$50.00
(Per STUDENT)

Session Tuition—Recreational Classes
(Based on a 4 week session)

1 class per week **\$60.00**
(45 mins to 1 hr classes)

2 classes per week **\$110.00**
(45 mins to 1 hr classes)

***ADVANCED (1 1/2 hrs) \$88.00 / \$166.00**
Fees are Non-refundable



Building Strong Bodies & Minds

6180 E. Warren Ave. * Denver, CO 80222 * (303) 512-0799

www.coloradogymplus.com

SUMMER 2019 RECREATIONAL GYMNASTICS CLASSES OFFERED

Parent—Tot Classes: Children 18 months to 3 years old with their parent. Designed for the parent who wants to take an active roll in their child's development.

Pre School Classes: AM Classes—Children 3 - 5years old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Pre School Classes: PM Classes—Children 4 to 5.5 yrs. old. Teaches your child social skills and self-confidence in a group setting. Develops motor skills and muscle control, and encourages your child to be more independent. Children begin to follow directions and accept suggestions for improvement.

Beginner Levels and Up

These classes include instruction on all Olympic events and students are divided by ability. The program is structured so that students are rewarded as they progress through the various skill levels. Once a student has shown proficiency in their current level, they will receive an advancement to the next level [ex. Beginner to Intermediate].

Beginners: Children 5.5yrs old and up. If you are new to our program, everyone starts in beginners. If you have had gymnastics before, you can take a look at our skill Chart for each level and request to be evaluated to help you see which level your child would best fit. In the Beginner level, the emphasis is on building basic gymnastics skills like rolls, supports on apparatus and small jumps, leaps, and turns on all events. Building strength, coordination, basic rules of safety and specific drills for progression for future success in the sport. A fun learning experience for our younger students.

Intermediates: Once children have correctly demonstrated all required Beginner level skills consistently, they will be advanced to the Intermediate level. At this level, the student will learn more advanced and challenging skills like handstands, cartwheels, circling movements on bars and will also be introduced to putting skills into sequences. Students will continue to work on strength and will also begin to focus more on flexibility.

Advanced: Once the Intermediate student has correctly demonstrated all required skills consistently, they will move to the Advanced level. At this level, students work on salto type movements on all apparatus and will begin to create routines, which could be used for exhibitions and competition. Strength, flexibility and endurance will be stressed as well.

Printed April 2019. Prices subject to change without notice and classes may not be available. Gymnastics Plus may combine classes and/or discontinue classes that do not have sufficient enrollment (at least 3 students).

Gymnastics Plus does not provide refunds or credits.



Gymnastics Plus
6180 E. Warren Ave.
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