

GYMNASTICS

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Winter I Registration: Members- December 7 Community- December 14 Session: January 4-February 21
 Winter II Registration: Members- February 8 Community- February 15 Session: February 22-April 4

Winter 2010	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnastics	M	CM						
Preschool								
Baby Bears Walking - 2 years old	\$20	\$40		9:30-10:00 a.m.		6:00-6:30 p.m.		10:00-10:30 a.m.
Baby Bears 2-3 years old	\$20	\$40	10:00-10:30 a.m. 6:00-6:30 p.m.			9:30-10:00 a.m.		10:00-10:30 a.m.
Little Bears 1 3 & 4 year olds	\$25	\$50	10:30-11:15 a.m. 11:15-12:00 p.m. 5:15-6:00 p.m.			10:00-10:45 a.m.		10:30-11:15 a.m.
Little Bears 2 3-5 years old	\$25	\$50		10:00-10:45 a.m.		1:30-2:15 p.m. 4:30-5:15 p.m.		
Super Bears 4 & 5 year olds	\$25	\$50	2:15-3:00 p.m. 4:30-5:15 p.m.			10:45-11:30 a.m. 2:15-3:00 p.m. 5:15-6:00 p.m.		11:15 a.m.-12:00 p.m.
Boys Gymnastics								
Boys 4-5 years old	\$25	\$50			4:30-5:15 p.m.			
Boys 6-10 years old	\$25	\$50			5:15-6:00 p.m.			
Youth -Ages 6 years and up								
Level 1	\$30	\$60	4:30-5:30 p.m.		6:00-7:00 p.m.	4:30-5:30 p.m.		10:00-11:00 a.m.
Level 1A	\$30	\$60	4:30-5:30 p.m.		6:00-7:00 p.m.			10:00-11:00 a.m.
Level 2	\$30	\$60		4:30-5:30 p.m.		5:30-6:30 p.m.		11:00 a.m.-12:00 p.m.
Level 2A	\$30	\$60		4:30-5:30 p.m.		5:30-6:30 p.m.		
Level 3	\$30	\$60		4:30-5:30 p.m.		5:30-6:30 p.m.		
Tumbling								
Beginner	\$25	\$50			5:15-6:00 p.m.			
Intermediate	\$25	\$50			4:30-5:15 p.m.			
Intermediate/ Advanced	\$30	\$60			5:15-6:15 p.m.			

Gymnastics Program Descriptions

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Preschool Gymnastics

Baby Bears (Walking to 2 years)(2 to 3 years)

This parent-child class is a fun gym experience that will help develop self confidence while working on motor skills, coordination, and balance.

Little Bears 1 (3 & 4 year olds)

Beginner Level. Success, security and fun will be gained at this level. Kids will learn basic tumbling and explore new skills on the equipment.

Little Bears 2 (3-5 years olds) Prerequisite: Little Bears 1 or 4 to 5 years old.

Intermediate level. Building on basic skills learned in previous level.

Super Bears (4 & 5 year olds) Prerequisite: Little Bears 1 or 2; 5 years old.

Advanced Level. Provides a foundation of basic tumbling skills, apparatus work, and starting to learn more advanced skills.

Boys Gymnastics- (4 to 5 year olds) (6 to 10 year olds)

Participants will learn basic tumbling and explore different skills on the vault and the uneven bars.

Youth Gymnastics– For youth ages 6 and up. Due to the progressive style of these classes, multiple sessions at any given level should be expected and instructor pre-approval is required for advancement.

Level 1: Introduction to the cartwheel, handstand, and basic roll. Beginner skills are introduced on the vault, uneven bars and balance beam.

Level 1A: Gymnast can correctly execute a cartwheel, handstand, and basic rolls. Can walk across and execute skills on the beam with confidence.

Level 2: More challenging skills will be learned in all events and there will be increased emphasis on dance skills, flexibility, and strength.

Level 2A: Gymnast can correctly execute a round-off, handstand, forward roll, split leap, and split jump on floor. Has mastered all beam skills in Level 2 such as lever, tuck jump, coupe hold, and abrasque scale. Has mastered all uneven bar skills in Level 2.

Level 3: Skills and combinations learned in this class are equivalent to those used at the team level. This level will help prepare gymnasts for participation on the competitive team.

Tumbling (Ages 5 and up) Classes designed to help cheerleaders and/or gymnasts of all skill levels refine and upgrade their tumbling skills.

Beginner: Little to no tumbling experience, working on cartwheels, round-offs, handstands, and introduced to back tumbling.

Intermediate: Has basic tumbling skills mastered, working on back handsprings.

Intermediate/Advanced: Back handsprings with no spot.

Gymnastics Pre-Team Gymnasts will need to progress through all levels to qualify for pre-team. Pre-Team prepares the gymnast for the competitive team and is by invitation only, decided by the coaches. The Pre-Team girls train and practice with the team girls two times a week.

Kosco Kippers Gymnastics Team Any girl age 5 or older, who has completed all the class levels 1-3 and pre-team, interested in joining the Kosco Kippers competitive team should contact the Gymnastics Director. The girls on the competitive team practice three times a week. Practice times range from two to two and a half hours per night. Each gymnast will purchase two team competition leotards, warm-up, team bag, and USAG Membership. The Kosco Kippers attend about one to two gymnastics meets a month between the months of September and May. The compulsory levels consist of Levels 3, 4, 5, and 6. The optional levels consist of Levels 7, 8, 9, and 10.

Private Gymnastics/Tumbling Lessons for 1 hour: 1 person -\$30/M \$40/CM 2 people -\$20/M \$30/CM 3 people -\$15/M \$25/CM 4 people-\$10/M \$20/CM

Private Gymnastics/Tumbling Lessons for four 1 hour sessions: 1 person -\$100/M \$140/CM 2 people -\$60/M \$100/CM
3 people—\$40/M \$80/CM 4 people- \$20/M \$60/CM