

Recreational Gymnastic Classes

KINDERGARTEN GIRLS GYMNASTICS

Our Kindergarten Gymnastics classes are designed to introduce all kindergarten-aged athletes to the basic fundamental gymnastics & body shapes on full-size equipment. These classes will closely mimic the curriculum used in Beginning Girls Gymnastics, in which you will see skills such as handstands, cartwheels, bridge-ups, bridge kick-overs, pull-over on bars & more.

**AGES 5-6 & MUST BE IN KINDERGARTEN*

BEGINNING GIRLS GYMNASTICS

These classes are designed to provide a full understanding and a complete learning of the basic fundamentals of gymnastics. All instruction is taught on full-size equipment. Skills taught include forward & backward rolls, handstands, cartwheels, bridge-ups, bridge kick-overs, pull-overs on bars & more.

**AGES 6+ & IN 1ST GRADE OR ABOVE*

INTERMEDIATE GIRLS GYMNASTICS

Athletes who are interested in this class must have successfully attained ALL skills from the *Beginning* curriculum & have a coach's approval to be placed at this level. All instruction is taught on full-size equipment. Skills taught include handstand forward rolls, round-offs, back bend kick-overs, straight arm backward rolls, back handsprings on trampoline, cast back hip circles & glides on bars, handstands, cartwheel to handstands on beam & more.

**AGES 6+ & IN 1ST GRADE OR ABOVE*

ADVANCED GIRLS GYMNASTICS

Athletes who are interested in this class must have successfully attained ALL skills from the *Intermediate* curriculum & have a coach's approval to be placed at this level. All instruction is taught on full-size equipment. Athletes will be taught back handsprings, round-off back handsprings, front handsprings, front & back tucks on trampoline, kips & tap swing on bars, cartwheels, & handstands on beams & more.

**AGES 6+ & IN 1ST GRADE OR ABOVE*

GYM JAMMERS MINI

Students will dance and do gymnastics through this 1.5 hour class. They will explore ballet, creative movement, and gymnastics fundamentals. Students will also learn basic dance and gymnastics terminology, and enjoy fun games and music. Gym Jammers Mini is open to boys and girls ages 5-6.

**AGES 5-6*

KINDERGARTEN GIRLS

BEGINNING GIRLS

INTERMEDIATE GIRLS*

MONDAY:

1:00-1:55 pm
4:30-5:25 pm

TUESDAY:

1:00-1:55 pm
4:00-4:55 pm

WEDNESDAY:

4:30-5:25 pm

THURSDAY:

4:00-4:55 pm
5:00-5:55 pm

FRIDAY:

(P) 12:30-1:25 pm

4:30-5:25 pm

5:30-6:25 pm

SATURDAY:

9:00-9:55 am

9:30-10:25 am

11:00-11:55 am

MONDAY:

3:30-4:25 pm

4:00-4:55 pm

4:30-5:25 pm

5:00-5:55 pm

5:30-6:25 pm

6:30-7:25 pm

TUESDAY:

4:30-5:25 pm

5:30-6:25 pm

6:30-7:25 pm

6:45-7:40 pm

WEDNESDAY:

4:30-5:25 pm

5:30-6:25 pm

THURSDAY:

4:15-5:10pm

4:30-5:25 pm

5:30-6:25 pm

6:30-7:25 pm

FRIDAY:

4:30-5:25 pm

5:30-6:25 pm

6:30-7:25 pm

SATURDAY:

9:00-9:55 am

10:00-10:55 am

10:30-11:25 am

11:00-11:55 am

11:15 am-12:10 pm

MONDAY:

4:00-5:25 pm

5:30-6:55 pm

TUESDAY:

4:00-5:25 pm

5:30-6:55 pm

WEDNESDAY:

4:30-5:55 pm

5:30-6:55 pm

6:30-7:55 pm

THURSDAY:

5:00-6:25 pm

6:30-7:55 pm

FRIDAY:

4:30-5:55 pm

6:00-7:25 pm

SATURDAY:

10:00-11:25 am

GYM JAMMERS MINI

FRIDAY:

12:30-2:00 pm (ages 5-6)

ADVANCED GIRLS*

MONDAY:

(P) 4:00-5:55 pm

5:30-7:25 pm

WEDNESDAY:

(P) 5:30-7:25 pm

THURSDAY:

4:30-6:25 pm

FRIDAY:

(P) 5:30-7:25 pm

(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.
(*) Requires approval from our Rec Director. (**) Represents a drop-in and pay per class. No enrollment required.

CLASS & REGISTRATION INFORMATION

Session 1 runs for 10 weeks from January 6-March 16, 2019.

(Gym closure January 1-5, 2019 for the winter break holiday)

Session 1 Tuition:

45 Minutes/week.....	\$142.00	1 hour/week.....	\$170.00
1.5 hours/week.....	\$252.00	2 hours/week.....	\$320.00

ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

FREE TRIAL CLASS & MAKE-UP CLASSES

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

REQUIREMENTS

Kindergarten: Ages 5-6 & in Kindergarten
Beg./Int./Adv. Classes: Ages 6+ & in 1st grade or above

FOR MORE INFORMATION

Contact Member Services at 303-797-8082 or info@peakathletics.net. To contact the Recreational Gymnastics Director, email **Alicia Akiyama** at aakiyama@peakathletics.net

Visit our website at: www.PeakAthletics.net