

Recreational Gymnastic Classes

REC SESSION 3 HIGHLIGHTS

In addition to focusing on technique, form, and individual skills in Session 3, Rec gymnasts will also be learning mini-routines on vault, bars, beam, and floor! This fun, unique experience of learning combines gymnastics and dance skills in a sequence, much like our competitive team athletes.

Rec gymnasts will also have the opportunity to showcase their skills and mini-routines by registering for our Summer Peak-Lympic event on August 4!

During Peak-Lympics, athletes can perform these routines in front of a judge and receive awards based on performance. This event provides a great opportunity for our Rec gymnasts to demonstrate their skills in front of an audience and give them a taste of competitive gymnastics!

For more information, please see Member Services. Registration is open until June 29.

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 (RR)**BEGINNING GIRLS (RR)****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 (RR)**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

(RR) Represents classes that will participate in our Rec Rewards end of session presentation.

(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 3 runs for 9 weeks from May 26-August 3, 2019.

(Gym closures on May 27 for Memorial Day and June 30-July 6 for Summer Break)

Session 3 Tuition:

45 Minutes/week.....\$135.00

1 hour & 25 Minutes/week.....\$238.50

55 Minutes/week.....\$162.00

1 hour & 55 Minutes/week.....\$297.00

(RR) REC REWARDS

Represents classes that will participate in our Rec Rewards end of session presentation. The last week of every session is reserved for Rec Rewards. Parents are invited in during the end of class for ribbons and talking about the success of our athletes. Session 3 Rec Rewards will be held **July 28-August 3**.

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 nine-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

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.

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