

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*

(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 4 runs for 10 weeks from August 9-October 17, 2020.

(Gym closure September 7, 2020 for Labor Day)

Session 4 Tuition:

45 Minutes/week.....	\$150.00	55 Minutes/week.....	\$180.00
1 hour & 25 Minutes/week.....	\$265.00	1 hour & 55 Minutes/week.....	\$330.00

*Payment for Session 4 will be broken into two installments due August 7 and September 5.

(RR) REC REWARDS

Due to capacity limits in the gym/studio, the Rec Rewards presentation for the Session has been cancelled. Classes that would typically participate in our Rec Rewards program are noted with "RR". Athletes in these specific classes will still receive their Rec Reward ribbon during the last week of the session.

MAKE-UP CLASSES

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed anytime in 2020 for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

KINDERGARTEN GIRLS (RR)

MONDAY:

4:30-5:25 pm

TUESDAY:

1:00-1:55 pm

4:30-5:25 pm

5:30-6:25 pm

WEDNESDAY:

4:30-5:25 pm

5:30-6:25 pm

THURSDAY:

4:30-5:25 pm

5:30-6:25 pm

FRIDAY:

4:30-5:25 pm

(P) 5:30-6:25 pm

SATURDAY:

9:30-10:25 am

10:30-11:25 am

BEGINNING GIRLS (RR)

MONDAY:

3:30-4:25 pm

4:00-4:55 pm

5:00-5:55 pm

5:30-6:25 pm

6:30-7:25 pm

TUESDAY:

4:00-4:55 pm

5:00-5:55 pm

6:30-7:25 pm

WEDNESDAY:

4:00-4:55 pm

5:00-5:55 pm

5:30-6:25 pm

6:00-6:55 pm

(P) 6:30-7:25 pm

THURSDAY:

4:00-4:55 pm

5:00-5:55 pm

5:30-6:25 pm

6:30-7:25 pm

FRIDAY:

4:00-4:55 pm

5:00-5:55 pm

6:00-6:55 pm

SATURDAY:

9:00-9:55 am

10:00-10:55 am

11:00-11:55 am

INTERMEDIATE GIRLS*

MONDAY:

(P) 3:00-4:30 pm

4:30-6:00 pm

6:00-7:30 pm

TUESDAY:

4:30-6:00 pm

6:00-7:30 pm

WEDNESDAY:

(P) 3:00-4:30 pm

4:30-6:00 pm

6:30-7:55 pm

THURSDAY:

4:30-6:00 pm

6:00-7:30 pm

FRIDAY:

4:30-5:55 pm

6:00-7:25 pm

SATURDAY:

9:30-11:00 am

ADVANCED GIRLS*

MONDAY:

5:30-7:25 pm

WEDNESDAY:

5:30-7:25 pm

THURSDAY:

5:00-7:00 pm

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 Kayla Evancich at

kevancich@peakathletics.net.

Visit our website at: www.PeakAthletics.net