

Recreational Gymnastic Classes

KINDERGARTEN GIRLS GYMNASTICS (AGES 5-6)

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.

**MUST BE IN KINDERGARTEN*

BEGINNING GIRLS GYMNASTICS (AGES 6+)

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 (AGES 6+)

Athletes 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 and more.

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

ADVANCED GIRLS GYMNASTICS (AGES 6+)

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*

ADVANCED GIRLS GYMNASTICS (AGES 6+)

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*

"ADULT" GYMNASTICS (AGES 18+)

This class is specifically designed for former athletes and/or students who are interested in learning the fundamentals of basic gymnastics in a safe setting. In this class, we will practice a wide variety of skills depending on one's ability on each event. Our goal is to assist in the understanding of gymnastics terminology, shaping and skills. Skills taught in this class will range anywhere from Beginning to Advanced along with skill progressions and strength building throughout the process.

ADAPTIVE GYMNASTICS (AGES 5-18)

This class is specially designed for athletes with special needs & who have an interest in learning gymnastics. Students in this class will learn the fundamentals of all four gymnastic events: vault, bars, balance beam and floor exercise. Special athletes of ages 5-18 & all abilities are welcome in this class.

HOMESCHOOL GYMNASTICS (AGES 6-18)

ATTENTION HOMESCHOOLERS! This class is for you! These classes are designed to provide an understanding and learning of the basic fundamentals of gymnastics. 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*

CLASS & REGISTRATION INFORMATION

Session 4 runs for 10 weeks from July 31 – October 8, 2022.

(Gym closure on September 5 for Labor Day)

Session Tuition:

45 Minutes/week.....	\$159.00	55 Minutes/week.....	\$190.00
1 hour & 25 Minutes/week.....	\$279.00	1 hour & 55 Minutes/week.....	\$349.00

**Payment will be broken into two installments due August 1 and September 1.*

(RR) REC REWARDS

Represents classes that will receive a Rec Rewards ribbon for their class participation at the end 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 within 60 days 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.

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



Class QR

KINDERGARTEN GIRLS (RR)

MONDAY:

4:30-5:25 pm

5:30-6:25 pm

TUESDAY:

1:00-1:55 pm

4:30-5:25 pm

5:30-6:25 pm

WEDNESDAY:

5:30-6:25 pm

THURSDAY:

4:30-5:25 pm

5:30-6:25 pm

6:00-6:55 pm

FRIDAY:

4:30-5:25 pm

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

4:30-5:25 pm

5:00-5:55 pm

5:30-6:25 pm

6:30-7:25 pm

WEDNESDAY:

4:00-4:55 pm

4:30-5:25 pm

5:00-5:55 pm

6:00-6:55 pm

7:00-7:55 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:

4:30-5:55 pm

6:00-7:25 pm

TUESDAY:

4:30-5:55 pm

6:00-7:25 pm

WEDNESDAY:

4:30-5:55 pm

6:30-7:55 pm

THURSDAY:

3:30-4:25 pm

4:30-5:55 pm

6:00-7:25 pm

FRIDAY:

4:30-5:55 pm

6:00-7:25 pm

SATURDAY:

11:00 am-12:25 pm

ADVANCED GIRLS*

MONDAY:

(P) 6:00-7:55 pm

WEDNESDAY:

5:30-7:25 pm

THURSDAY:

5:00-6:55 pm

FRIDAY:

6:00-7:55 pm

ADVANCED OPEN PRACTICE*

TUESDAY:

6:00-7:00 pm

ADULT GYMNASTICS (ages 18+)

TUESDAY:

(P) 2:00-2:55 pm

ADAPTIVE GYMNASTICS (ages 5-18)

WEDNESDAY:

4:15-5:10 pm

HOMESCHOOL GYMNASTICS (ages 6-18)

TUESDAY:

2:00-2:55 pm

3:00-3:55 pm