

# ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department

## **SUMMER SESSION 2010**

**June 14th – August 9th (8 weeks)**

(Please refer to back for class dates)

### **PRE-SCHOOL**

### **Boys & Girls ages 3-5**

### **GIRLS**

### **ages 6-14**

2111.404	Beginner I	Mon	4:30-5:15 pm	\$65
2111.405	Beginner I	Tues	9:00-9:45 am	\$65
2111.406	Beginner I	Tues	5:00-5:45 pm	\$65
2111.407	Beginner I	Wed	5:30-6:15 pm	\$65
2112.404	Beginner II	Mon	5:30-6:15 pm	\$65
2112.405	Beginner II	Tues	10:00-10:45 am	\$65
2112.406	Beginner II	Tues	6:00-6:45 pm	\$65
2112.407	Beginner II	Wed	4:30-5:15 pm	\$65
2113.403	Intermediate	Mon	6:30-7:30 pm	\$84
2113.404	Intermediate	Tues	11:00 am-12:00	\$84
2113.405	Intermediate	Wed	6:30-7:30 pm	\$84

2121.403	Beginner I	Mon	9:00-10:00 am	\$69
2121.404	Beginner I	Tues	4:30-5:30 pm	\$69
2121.405	Beginner I	Thur	5:45-6:45 pm	\$69
2122.403	Beginner II	Mon	10:15-11:30 am	\$81
2122.404	Beginner II	Tues	5:45-7:00 pm	\$81
2122.405	Beginner II	Thur	4:30-5:45 pm	\$81
2123.402	Intermediate	Tues	9:00-10:30 am	\$94
2123.403	Intermediate	Wed	4:30-6:00 pm	\$94
2123.404	Intermediate	Thur	6:45-8:15 pm	\$94
2124.402	Advanced I	Tues	10:30 am-12:00	\$94
2124.403	Advanced I	Wed	6:00-7:30 pm	\$94
2125.402	Advanced II	Tues	10:30 am-12:30	\$118
2125.403	Advanced II	Wed	6:00-8:00 pm	\$118

**Gently used leotards available on-site during the first week of class. Most leotards are just \$5.**

**All proceeds benefit Roseville Gymnastics Center.**

We also accept donations of any of your  
outgrown gently used leotards

### **REGISTRATION INFORMATION**

**NON-RESIDENT FEE: \$8.00 for those participants who do not live in Roseville**

Registrations can be mailed or will be taken at:

ROSEVILLE PARKS & RECREATION (651) 792-7006  
2660 Civic Center Drive Roseville, MN 55113

Classes will be held at: (map on back)

ROSEVILLE GYMNASTICS CENTER (651) 792-7166  
1238 W. County Road B-2 Roseville, MN 55113

Registrations will also be taken at the Gymnastics Center during class hours up to one week prior to the start date of the class. We will not take any registrations on the first day of the class.

Class sizes are limited to an 8 to 1 student-teacher ratio. Roseville Gymnastics reserves the right to cancel any class with less than 6 students enrolled. All registrations are first come – first served.

**Registration Form Make Checks payable to: ROSEVILLE PARKS & RECREATION**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Parent's Name \_\_\_\_\_ E-mail \_\_\_\_\_

Class Program # \_\_\_\_\_ Fees: Class Fee \_\_\_\_\_ Form of payment  Check  Cash

Level \_\_\_\_\_ Non Resident Fee \_\_\_\_\_  Visa  Mastercard Exp Date \_\_\_\_\_

Day \_\_\_\_\_ TOTAL: \_\_\_\_\_ Credit Card # \_\_\_\_\_

Time \_\_\_\_\_ Name on card \_\_\_\_\_

Tennessee Warning: The information requested on this registration will be used to verify eligibility and determine staff, facility and equipment needs. You/your child's name, age, grade level, address, telephone number and health information will be provided to city staff, volunteers, the city attorney, insurer and auditor. Although you are not legally required to disclose this information, failure to do so will prevent you/your child from participating in the program.

Roseville Gymnastics offers classes for girls and boys ages 3-14 years old. It is our goal to teach in a positive, fun and safe environment. Through gymnastics, we strive to develop self-esteem and physical fitness. Our program is suited for recreational, developmental and competitive gymnasts.

Questions can be answered at:

Roseville Parks & Recreation  
Office

Day hours : 651-792-7006

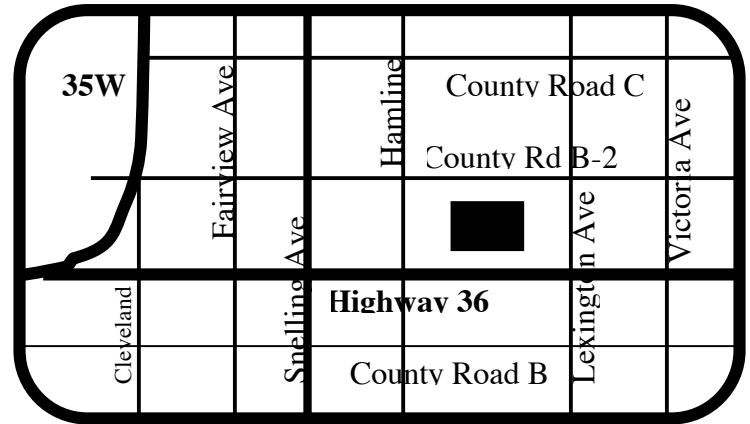
Roseville Gymnastics Center  
Evening hours: 651-792-7166

All Classes will be held at:  
**ROSEVILLE GYMNASTICS CENTER**

1238 W. County Road B-2 Roseville, MN 55113

PHONE: (651) 792-7166

Gym is attached to Roseville Area High School North side of the building



**SUMMER SESSION 2010 JUNE 14TH - AUGUST 9TH (8 WEEKS)**

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
Week 1	June 14	June 15	June 16	June 17
Week 2	June 28	June 22	June 23	June 24
Week 3	July 5	June 29	June 30	July 1
Week 4	July 12	July 6	July 7	July 8
Week 5	July 19	July 13	July 14	July 15
Week 6	July 26	July 20	July 21	July 22
Week 7	August 2	July 27	July 28	July 29
Week 8	August 9	August 3	August 4	August 5
No Classes	June 21			

**Class Descriptions**

**PRESCHOOL Girls & Boys ages 3-5**

**Beginner I** Teaches basic movement and tumbling skills. Helps to improve body awareness, motor skills, coordination, balance and listening skills. Uses modified equipment with a fun and creative approach to learning.

**Beginner II** For beginner level preschoolers who have previously taken gymnastics class. Gymnast should have mastered the skills from Beginner I. Must be able to perform a forward roll and donkey kicks on the floor, and walk on a low balance beam unassisted.

**Intermediate** For preschool gymnasts who have mastered the Beginner II skills. Must be able to perform a bridge on the floor, and walk on the high balance beam. Will begin to transfer skills to the regulation equipment.

**Advanced** For preschool gymnasts who have mastered skills in the Intermediate level. Must be able to perform a handstand and a cartwheel on the floor, and a pullover on the bars (assisted). This class will prepare the gymnast for the instructional program.

**Dyno's** An accelerated class for high potential gymnasts ages 4-7. This class prepares the gymnast for USAG competition. Gymnasts are chosen from our preschool and instructional classes based on ability. May register with coaches permission only.

**GIRLS ages 6-14**

**Beginner I** Emphasis is on tumbling skills with exposure to the balance beam, uneven bars, vault and dance. This class is suited for girls who have never taken a gymnastics class before.

**Beginner II** For beginner level gymnasts who have previously taken a gymnastics class. Gymnast should have mastered skills from Beginner I. Must be able to perform a cartwheel on floor and walk on a high balance beam unassisted. Basic skills are taught on all events.

**Intermediate** Should have mastered skills from Beginner II. Must be able to perform a handstand forward roll and round-off on the floor and a pullover on the bars. Gymnasts will learn to perfect their basic skills as well as learn more advanced skill on all events.

**Advanced I** For gymnasts who have mastered skills from the intermediate level. Must be able to perform a backbend-kickover and front limber on the floor, and a back hip circle on the bars. There is an emphasis on strength, flexibility and form.

**Advanced II** For gymnasts who have mastered skills from the Advanced I level. Must be able to perform a front and back handspring on the floor and a cartwheel on the high balance beam. Prepares the gymnast for high school competition.