

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

SUMMER SESSION 2022

June 13 - August 15

PRESCHOOL ages 3-5

BEGINNER I Res / Non Res

2111.632	Monday	4:30-5:15 pm	\$81 / \$89
2111.633	Tuesday	5:30-6:15 pm	\$81 / \$89
2111.634	Wednesday	4:30-5:15 pm	\$81 / \$89
2111.635	Wednesday	6:30-7:15 pm	\$81 / \$89

BEGINNER II Res / Non Res

2111.636	Monday	5:30-6:15 pm	\$81 / \$89
2111.637	Tuesday	4:30-5:15 pm	\$81 / \$89
2111.638	Wednesday	5:30-6:15 pm	\$81 / \$89

INTERMEDIATE Res / Non Res

2111.639	Monday	6:30-7:30 pm	\$106 / \$116
----------	--------	--------------	---------------

ADVANCED Res / Non Res

2111.640	Tuesday	6:30-7:30 pm	\$106 / \$116
----------	---------	--------------	---------------

INSTRUCTIONAL ages 6-14

BEGINNER I Res / Non Res

2121.636	Monday	1:00-2:00 pm	\$86 / \$94
2121.637	Tuesday	4:30-5:30 pm	\$86 / \$94
2121.638	Wednesday	1:30-2:30 pm	\$86 / \$94
2121.639	Thursday	2:30-3:30 pm	\$86 / \$94

BEGINNER II Res / Non Res

2121.640	Monday	2:15-3:30 pm	\$103 / \$113
2121.641	Wednesday	4:30-5:45 pm	\$103 / \$113
2121.642	Thursday	1:00-2:15 pm	\$103 / \$113

INTERMEDIATE Res / Non Res

2121.643	Monday	3:45-5:15 pm	\$117 / \$127
2121.644	Wednesday	2:45-4:00 pm	\$117 / \$127

ADVANCED I Res / Non Res

2121.645	Tuesday	5:45-7:15 pm	\$117 / \$127
2121.646	Wednesday	6:00-7:30 pm	\$117 / \$127

ADVANCED II Res / Non Res

2121.647	Tuesday	5:45-7:45 pm	\$156 / \$168
----------	---------	--------------	---------------

REGISTRATION INFORMATION

ONLINE REGISTRATION: www.cityofroseville.com/parks

PHONE REGISTRATION: Roseville Parks & Recreation Office 651-792-7006

FIRST DAY TO REGISTER: MAY 24 CLASSES OFTEN FILL SO REGISTER EARLY.

NON-RESIDENT FEE: \$8-\$12 for those participants who do not live in Roseville.

Gymnasts must be registered before participation. We do not take registrations on the first day of the class.

Preschool class sizes are limited to 10 students, Instructional classes to 16 students.

Roseville Gymnastics reserves the right to cancel any class with less than 6 students enrolled.

All registrations are first come – first served.

All classes will be held at:

ROSEVILLE GYMNASTICS CENTER

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

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

Roseville Gymnastics offers classes for youth 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
rosevillegymnastics@comcast.net

SUMMER SESSION 2022 June 13 – August 15

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
Week 1	June 13	June 14	June 15	June 16
Week 2	June 20	June 21	June 22	June 23
Week 3	July 11	June 28	June 29	June 30
Week 4	July 18	July 12	July 13	July 14
Week 5	July 25	July 19	July 20	July 21
Week 6	August 1	July 26	July 27	July 28
Week 7	August 8	August 2	August 3	August 4
Week 8	August 15	August 9	August 10	August 11
No Class	June 27	July 5	July 6	July 7
No Class	July 4			

PRESCHOOL 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 Advanced level class for gymnasts ages 4-6 who have mastered the skills from the Intermediate class. Must have good listening skills and be able to perform a forward roll and cartwheel unassisted. Will continue to transition skills to the regulation equipment.

Dyno's Accelerated classes for gymnasts ages 4-8, designed to speed the transition into competitive gymnastics. Gymnasts are chosen from our preschool and instructional classes based on strength, flexibility, and a desire to make a commitment to gymnastics. Gymnasts may register with permission only.

INSTRUCTIONAL 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 students 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.