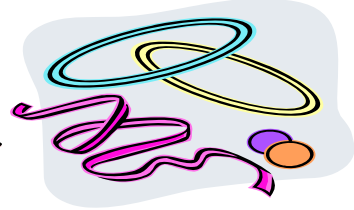
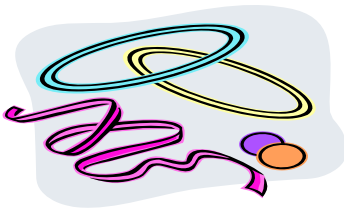


KENT COUNTY PARKS & RECREATION BOYS & GIRLS TUMBLING & GYMNASTICS

410-778-1986 * mbutler@kentgov.org

www.KentParksAndRec.org



Classes Held on Saturday Morning

Fall 2008 \$50
(Sept. 27 – Nov. 15)

Winter 2009 \$50
(Jan. 10 – Feb. 28)

Spring 2009 \$50
(March 14 – May 9)
Closed April 11

Tiny Tumblers (ages 2-3) 9:25 to 10 am (8:45 to 9:20 am class only if 9:25 class fills)

Using music and games, this class focuses on social interaction and large motor skills.

Parent involvement is required. Students work on jumping, rolling, running, sharing, taking turns, and having fun!

Munchkins in Motion (ages 4-5) 10:15 to 11 am

Focus on learning beginner gymnastic skills. Students will become acquainted with all equipment (bars, beam, floor, and vault). They will learn basic safety rules and practices for gymnastics. Through games like Simon Says and Follow the Leader, students practice following directions and taking turns. Students also work on tumbling, balance, and strength.

Primary/Beginner Gymnasts (ages 6-11) 11:15 am – 12:15 pm

Focus on learning and improving basic gymnastics skills. Students focus on improving coordination and strength. They learn various moves for each piece of equipment (floor, bars, beam, rings and vault). Students work on cartwheels, handstands, splits, jumps, landings, and much more. As students progress, focus on improving basic gymnastics skills, as well as, learning intermediate gymnastics skills. Students focus on improving coordinator and strength.

They learn various moves and routines for each piece of equipment (floor, bars, beam, rings and vault).

Students work on putting together gymnastics skills, mounts, dismounts, and much more.

WHAT YOU SHOULD KNOW

Director and Head Instructor

The basic design and structure of the program will be under the direction of USAG certified Director, Roxanne Ruley. Classes will be led each week by Head Instructor, Natasha Swinson and two assistants.

Dress Requirements

For safety reasons the dress for gymnastics must be form fitting shorts and t-shirts. Girls may wear leotards or unitards (full body with foot out), but it is not a requirement. No tights, as they are slippery when spotting children.

Class Levels

Class levels are needed to accommodate different readiness levels and to promote growth and skill development. At the discretion of the head instructor children may be moved from one class to another as appropriately determined. When checking off your registration please read the descriptions carefully.

Other Children at Class -PLEASE BE ADVISED IN ADVANCE THAT ALL CHILDREN MUST REMAIN SEATED

To ensure the safety of program participants and staff and to not disturb classes, please advise children who are not registered to participate in class to remain seated in the bleachers while class is in session. **Please do not allow children bring toys and other items to the facility as this is a distraction to participants and staff. *You will be asked to put these items away.*** Thank you in advance for your attention and care to this matter.

INCLEMENT WEATHER CANCELLATIONS WILL BE RECORDED ON THE WEATHER CANCELLATION HOLINE,

410-810-3755 NO LATER THAN 8 AM THE DAY IN QUESTION. *INDIVIDUAL CALLS WILL NOT BE MADE.*

