



GYMNASTICS INC. 2009 SUMMER SCHEDULE

3411 Lathrop St Suite A, Fairbanks, AK 99701
ph (907) 456-2263 FAX (907) 455-9709



	MON	TUE	WED	THURS	FRI
8:30	Team Lv 7/8 (5 hrs)	Team Lv 7/8 (5 hrs)	Team Lv 7/8 (5 hrs)	Team Lv 7/8(5 hrs)	
9:15			Boys (2hr) I	Beg II / III (2hr) Ja	
9:30			Beg. I / II (1.5hr) K Teens (2hr) Sh		Team Lv 7/8 (2hrs)
10:00					Team Lv 5/6 (4.5 hr) Br
10:30		Kindergym Be/Br	Tots Be/Br	Preschool Be	Beg I/II JL
11:00	Beg II / III (2hr) Ja				
11:30		Tots Be/Br	Preschool Be/Br	Parent-Tot Be	
12:30		Team Lv 5/6 (4.5hr) Br	Team Lv 5/6 (4.5hr) Br		
1:00		Big Dippers *(1.5hr) Be		Big Dippers *(1.5hr) Be	
1:30					
2:00	Team Lv 4 (3hrs) I/S	Team Lv 4 (3hrs) I/S	Preteam* (2.5hrs) Be	Beg I/II (1.5hr) JL	Team Lv 4 (3hrs) I/S
2:30				Preteam* (2.5hrs) Be	
3:15					
3:30			Kindergym JL	Preschool JL	
4:30			Little Dippers* (1hr) Be		
5:00		Boys (2hrs) Da Beg I / II (1.5hrs) I			

*Enrollment by invitation ONLY.

STUDENTS ARRIVING **LATER THAN 10 MINUTES** FOR CLASS WILL BE ASKED TO **DO A MAKE-UP.**

Parent-Tots and Tots classes are 50 mins; Preschool and Kindergym classes are 55 mins

RATES (per child)

Parent-Tots/Tots/Preschool/Kindergym Rates

1 class/wk x 11 weeks \$159.50
2 classes/wk x 11 weeks \$286.00

FAMILY DISCOUNTS available if paying for the entire session

DROP IN RATE is \$20 per hour, only if space available.

All Others Rates (per child)

1.5 hr/wk x 11 weeks \$214.50
2 hr/wk x 11 weeks \$286.00
3 hr/wk x 11 weeks \$396.00
4 hr/wk x 11 weeks \$506.00

SESSION DATES: May 26– Aug 7, 2009 - 11 Weeks
(Closed Friday July 3rd)

SUMMER REGISTRATION FEE is \$30.00 per student or \$45.00 per family. (Only due if Annual Registration is not current)
Annual Registration fee is \$75 per student or \$100 per family.

****REMEMBER:** NO credit or refunds. 3 make-up classes can be arranged according to our summer policy either before the absence occurs and/or through the next session **only if** the student is enrolled in another class in the next session.

Missed make-up classes CANNOT be rescheduled.

Gymnastics Inc. Class Description

Gym. Inc. Playtime – is a non-structured time for children ages 7 months to 4 years. Several stations are set up with specifically designed preschool mats, equipment and gross motor development toys. There are opportunities with an instructor on a low balance beam and bar if the child wishes to do so. Days and times are: Mon – Thurs 10am – noon. \$5 per child. Siblings that are infants (no yet crawling) are free.

Parent/Tots – class is for 2-3 year olds. Parents are required to interact with their child during class. This is a structured class, limited to 9 students. The children work on gross motor coordination, rhythm, balance, strength, and flexibility using a variety of gymnastics apparatus. Class is approximately 50 minutes.

Tots – class is for 3 year olds. This class is similar to parent/tots, but has more structure and depth. Listening skills, taking turns, and other social skills are also developed in addition to few basic gymnastics skills. Class is 50-60 minutes.

Preschool – class is designed for 4-5 year olds. In addition to the continuation of learning rhythm, balance, strength, flexibility, and basic gymnastics skills are taught on a variety of apparatus. Class is 1 hour.

Kindergym – class is designed for children 5-6 year olds that have the coordination and strength to attempt basic gymnastics skills on all the apparatus. Class is 1 hour.

Hot Shots – is for girls 4-6 years old, that have a desire to reach the competitive level at an early age. Students must fulfill certain prerequisites and be recommended by an instructor.

Beg I, II, III, and Intermediate – are recreational girls classes for ages 6-12. These classes get progressively more difficult on all the equipment (Vault, Uneven Bars, Balance Beam, and Floor Exercise). These classes can prepare students for the pre-competitive program, if the student so desires. Classes are 1.5-2 hours.

Boys – is for ages 6-12. Both teaching basic through intermediate gymnastics skills on all the boys equipment (Floor Exercise, Vault, Rings, Parallel Bars, Pommel Horse, High Bar).

Girls Competitive Teams – learn skills and routines and compete according to the rules set by the USAG. The majority of the competition is within Alaska, with a couple competitions being held in the Pacific Northwest. Team Gymnasts that qualify for higher levels of competition may travel farther. 6-20 hours a week are required based on the level of the competitor (Levels 3 – 9).

Gymnastics Inc. Indoor Playtime



Mon.-Thurs.

10:15 am-12 noon

Crawlers-4yr. olds

\$5 per child

safe, fun place for children to play.

September-May



456-2263

Gymnastics Inc. Birthday Parties

90 min. of FUN!

Saturdays 4:00 or 6:00

Sundays 12, 2, 4 or 6pm

\$125 for up to 10

Call for more information on
larger parties.



456-2263



Gym. Inc.'s Chalk Talk

Apr/May 2009

Important Dates to Remember

April

- 1 Registration begins at Bright Beginnings.
Get on the wait list now.
- 4 Mush for kids
- 11 Kids Fair at Nordale Elementary School
- 12 EASTER

May

- 4 Registration for summer gymnastics
- 9 Preschool Gymnastics Show
- 16 Spring Fling Gymnastics Meet for all recreational gym classes and preteam.
- 16 END of SESSION
- 18-25 Gym CLOSED

Preschool Gym Show

May 9, Saturday

3:30-4:30

Students from Tots, Preschool, Kindergym and Little Dippers are invited to participate. Please let your instructor know if your child will be participating. It really helps us to get all the certificates done prior to the show. Also, check that we have the correct spelling of your child's name in the roll book to ensure accuracy on your child's certificate. This is always a fun event for the children.

Spring Fling

Gymnastics Meet

May 16, Saturday

5:30pm at Gym. Inc.

All students in Beg. I, II/III, Boys, Big Dippers and Preteam are invited to participate.

The cost is \$15 per gymnast. You can choose which events to perform.

This is a great confidence builder. Everyone earns ribbons.

Sign up in the office.

Why all spectators must sit in the balconies.

This is an insurance liability issue. All spectators must sit in the balconies. We realize it may be easier and/or more convenient to see your child if you sit down on the main floor, but this is not allowed. We have had many letters from the insurance company emphasizing this point.

Why children must be supervised up in the balconies.

There are concerns when children are left in the balcony unsupervised. 1) The main balcony plexi-glass should not be leaned on. 2) The bleachers are not a jungle gym for climbing. 3) Trash should be put in the proper receptacles.

Please help maintain these rules.

REC. CLASS SKILL CHART

BEG.

VAULT	BARS	BEAM	FLOOR
<p>4-5 step run to a correct hurdle onto board into a straight jump</p> <p>run, hurdle, jump off floor to a squat on trapezoids. Then immediate straight jump off to stick landing</p>	<p>10 possum pull ups</p> <p>skin the cat with feet together, bent knees OK</p> <p>kick over w/ bar height at chest cast come back to bar while hanging, change grip one hand at a time up to 3 sets</p> <p>hang and scoot hands to other side of bar</p> <p>6 sec. Flex arm hang</p> <p>5 single bar dips from front support</p> <p>10 tuck ups on rack, knees to belly</p>	<p>Balance in passé 5 sec R & L</p> <p>Tip toe walks on straight legs F & B W/ good control and posture</p> <p>Low kick walks on toe w/ good control and posture</p> <p>straight jumps w/ toes landing forw. land in plie'. NO arm swing</p> <p>arabesque R & L. hold each for 5 sec</p> <p>balance on tip toes w/ feet touching forw. Roll on low beam w/ pad NO spot</p> <p>knee scale R & L hold 5 sec.</p> <p>V-sit w/ hands. Hold 5 sec w/back</p> <p>Straight</p> <p>Straddle hold 5 sec w/ good form, legs can be below horizontal</p>	<p>Straddle forward roll</p> <p>Forw. Roll to strt jump w/ perfect form</p> <p>Straddle back roll</p> <p>Tuck back roll-land on feet</p> <p>Tuck ups from mat</p> <p>5 sec handstand on wall- only feet touch wall, lunge in and out w/ control</p> <p>cartwheel R & L, lunge in, good form & rhythm</p> <p>one arm cartwheel</p> <p>10 candlestick jumps w/good form into straight jump</p> <p>3 strt body push up or 8 knee push up</p> <p>10 sec hollow hold w/ feet on floor</p> <p>10 bridge push ups</p> <p>on rope, hold self for 10 sec</p>

BEG. 2

VAULT	BARS	BEAM	FLOOR
<p>5-6 step run, arm circle, hurdle, strt</p> <p>jump onto stacked mats</p> <p>run, hurdle, tuck jump kick open onto 8" mat</p> <p>kick handstand to flat back</p>	<p>Kick over good form</p> <p>Cast w/ strt. Back, good form</p> <p>Back hip circle good form, <u>strt arms</u></p> <p>Jump to sole circle off trapezoid, keep feet on bar</p> <p>cast sole circle keep hands on bar feet may come off</p> <p>3 pull ups or 12 w/ feet on box</p> <p>10 single bar dips</p> <p>10 tuck leg raises, knees to chest</p> <p>15 strt arm jump to support</p>	<p>Balance in coupe' on toe 2 sec R/L</p> <p>On toe, kick walks to horiz., both</p> <p>Legs strt, good posture</p> <p>Run across beam no wobbles</p> <p>Pivot turns, arms up, <u>strt legs</u></p> <p>Strt jumps in series-land in plie w/ Both feet forw</p> <p>Tuck jump w/ correct landing</p> <p>Arabesque on toe R & L</p> <p>Arabesque to scale horiz or below</p> <p>Forw roll on med. Beam w/ pad does not need to stick</p> <p>V sit no hands</p> <p>Straddle L hold, legs horiz.</p> <p>Knee scale dismount</p> <p>Floor beam teeter-totters</p> <p>Sit down and stand up on beam w/o hands</p> <p>cartwheel on red beam, finish in lunge</p>	<p>Tuck up to extend off panel mats</p> <p>T in to handstand finish in lunge</p> <p>Handstand roll jump 1/2 turn</p> <p>Headstand to bridge</p> <p>Hurdle cartwheel</p> <p>One arm cartwheel R/L finish in lunge</p> <p>3 connected cartwheels finish in lunge use squatty body technique</p> <p>piked back roll perfect form</p> <p>cartwheel step together</p> <p>roundoff</p> <p>kickover off mat stack or down wedge bent legs OK</p> <p>15 candlestick jumps</p> <p>12 knee pushups or 5 strt body- must keep body position correct</p> <p>30 sec tuck hollow hold bent knees, feet on floor</p> <p>reverse sit ups</p> <p>rope climb 1/2 way up</p>

BEG. 3

VAULT	BARS	BEAM	FLOOR
<p>Run 6-8 steps, arm circle strt jump onto 36" mat stack</p> <p>run 6-8 steps jump to handstand onto 24" mat stack to flat back</p>	<p>Pike pullovers</p> <p>1 cast to horiz. 2 back hip circles in a row, good form</p> <p>single leg shoot thru mill circle</p> <p>squat on fwd / bwd on 2.5ft bar height</p> <p>cast sole circle feet stay on bar</p> <p>5 pull-ups</p> <p>15 single bar dips</p> <p>10 tuck leg raises knees to forehead</p> <p>2 sec pike hang</p> <p>15-20 strt arm jump to support w/ bar at shoulder height</p>	<p>Slow develop' walks on toe</p> <p>Kick walks above horiz. on toe</p> <p>5 strt jumps in a row, perfect landing</p> <p>2 tuck jumps in a row</p> <p>small split jump w/ perfect form</p> <p>lunge runs across beams</p> <p>arabesque to scale at or above horiz one foot 1/2 turn, arms above head</p> <p>forw roll on high beam No spot</p> <p>sit, rock back, stand up No hands</p> <p>low handstands on low to med beam</p> <p>straddle L walks across beam</p> <p>10 one foot releve's in coupe' position</p> <p>cartwheel on floor beam correct landing 3 out of 5 tries then can go to low beam</p>	<p>1 sec squat plange</p> <p>T in & out handstand hold 2 sec.</p> <p>Handstand strt arm roll</p> <p>Strt arm back roll to squat/pike</p> <p>Bent arm back extension roll 3/4 hand.</p> <p>Fast roundoff w/o dragging hand on Floor</p> <p>Headspring</p> <p>back walkover/back bend kickover</p> <p>20 candlestick jumps</p> <p>5 straight body pushups</p> <p>20 sec hollow hold, bent legs feet on floor</p> <p>1 rope climb to top</p> <p>10+ reverse sit ups</p> <p>sisso'ne</p> <p>leaps</p> <p>jump full turn</p>

Gym Inc. PLAYTIME

3411 Lathrop St. Suite A, Fairbanks, AK 99701 456-2263

Creative Indoor Play for Tikes 'n Toddlers

Sept. 10th through mid-May

Mon. - Thur. 10:15 - 12:00



- Ages 4 and under.
- Guided exploration on age appropriate gymnastics apparatus and specialized preschool equipment.
- Energy release and exercise
- Increase socialization
- Confidence building
- Walk-ins welcome, reservations available but not necessary
- Punch cards available
- Groups of 10 or more - reservations available

COST:

1 child = \$5.00

ASK about our BIRTHDAY PARTIES - 90 minutes of fun!!