

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

SPRING SESSION 2022

March 21 – May 14

PRESCHOOL ages 3-5

BEGINNER I Res / Non Res

2111.620	Monday	4:45-5:30 pm	\$81 / \$89
2111.621	Monday	6:45-7:30 pm	\$81 / \$89
2111.622	Tuesday	5:45-6:30 pm	\$81 / \$89
2111.623	Wednesday	4:45-5:30 pm	\$81 / \$89
2111.624	Saturday	9:00-9:45 am	\$81 / \$89

BEGINNER II Res / Non Res

2111.625	Monday	5:45-6:30 pm	\$81 / \$89
2111.626	Tuesday	4:45-5:30 pm	\$81 / \$89
2111.627	Wednesday	7:00-7:45 pm	\$81 / \$89
2111.628	Saturday	10:00-10:45 am	\$81 / \$89

INTERMEDIATE Res / Non Res

2111.629	Wednesday	5:45-6:45 pm	\$106 / \$116
2111.630	Saturday	11:00 am-12:00	\$106 / \$116

ADVANCED Res / Non Res

2111.631	Tuesday	6:45-7:45 pm	\$106 / \$116
----------	---------	--------------	---------------

INSTRUCTIONAL ages 6-14

BEGINNER I Res / Non Res

2121.624	Monday	4:30-5:30 pm	\$86 / \$94
2121.625	Tuesday	5:45-6:45 pm	\$86 / \$94
2121.626	Thursday	6:15-7:15 pm	\$86 / \$94
2121.627	Saturday	10:45-11:45 am	\$86 / \$94

BEGINNER II Res / Non Res

2121.628	Monday	5:45-7:00 pm	\$103 / \$113
2121.629	Wednesday	4:30-5:45 pm	\$103 / \$113
2121.630	Saturday	12:00-1:15 pm	\$103 / \$113

INTERMEDIATE Res / Non Res

2121.631	Wednesday	6:00-7:30 pm	\$117 / \$127
2121.632	Saturday	9:00-10:30 am	\$117 / \$127

ADVANCED I Res / Non Res

2121.633	Thursday	4:30-6:00 pm	\$117 / \$127
2121.634	Saturday	9:00-10:30 am	\$117 / \$127

ADVANCED II Res / Non Res

2121.635	Thursday	4:30-6:30 pm	\$156 / \$168
----------	----------	--------------	---------------

REGISTRATION INFORMATION

ONLINE REGISTRATION: www.cityofroseville.com/parks

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

FIRST DAY TO REGISTER: MARCH 8 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

SPRING SESSION 2022 March 21 – May 14

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>SATURDAY</u>
Week 1	March 21	March 22	March 23	March 24	March 26
Week 2	March 28	March 29	March 30	March 31	April 2
Week 3	April 4	April 5	April 6	April 7	April 9
Week 4	April 11	April 12	April 13	April 14	April 16
Week 5	April 18	April 19	April 20	April 21	April 23
Week 6	April 25	April 26	April 27	April 28	April 30
Week 7	May 2	May 3	May 4	May 5	May 7
Week 8	May 9	May 10	May 11	May 12	May 14

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.