

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

SPRING SESSION 2021

March 29 – May 22

PRESCHOOL		ages 3-5			INSTRUCTIONAL		ages 6-14		
2111.578	Beginner I	Mon	6:00-6:30 pm	\$56	2121.577	Beginner I	Tues	4:15-5:00 pm	\$60
2111.579	Beginner I	Wed	5:15-5:45 pm	\$56	2121.578	Beginner I	Wed	5:45-6:30 pm	\$60
2111.580	Beginner I	Sat	10:15-10:45 am	\$56	2121.579	Beginner I	Sat	2:00-2:45 pm	\$60
2111.581	Beginner II	Mon	4:30-5:00 pm	\$56	2121.580	Beginner II	Tues	5:15-6:15 pm	\$80
2111.582	Beginner II	Wed	6:00-6:30 pm	\$56	2121.581	Beginner II	Wed	4:30-5:30 pm	\$80
2111.583	Beginner II	Sat	11:00-11:30 am	\$56	2121.582	Beginner II	Sat	12:45-1:45 pm	\$80
2111.584	Intermediate	Mon	5:15-5:45 pm	\$56	2121.583	Intermediate	Mon	6:00-7:00 pm	\$80
2111.585	Intermediate	Sat	11:45 am-12:15	\$56	2121.584	Intermediate	Sat	11:30 am-12:30	\$80
2111.586	Advanced	Mon	6:45-7:15 pm	\$56	2121.585	Advanced I	Mon	7:15-8:15 pm	\$80
					2121.586	Advanced II	Mon	7:15-8:15 pm	\$80

Due to covid, preschool students are required to have a parent or adult in attendance to assist with social distancing and help the student follow the instructor's directions. Class sizes are limited to 4 students.

REGISTRATION INFORMATION

NEW REGISTRATION PROCEDURE: FIRST DAY TO REGISTER IS MARCH 9. CLASSES OFTEN FILL SO REGISTER EARLY.

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

ONLINE REGISTRATION: www.cityofroseville.com/parks

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

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

Instructional class sizes are limited to 8 students. 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 _____ CV2 Code _____

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.

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

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 2021 March 29 – May 22

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	March 29	March 30	March 31	April 3
Week 2	April 5	April 6	April 7	April 10
Week 3	April 12	April 13	April 14	April 17
Week 4	April 19	April 20	April 21	April 24
Week 5	April 26	April 27	April 28	May 1
Week 6	May 3	May 4	May 5	May 8
Week 7	May 10	May 11	May 12	May 15
Week 8	May 17	May 18	May 19	May 22

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.