

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

WINTER SESSION 2022

January 3 - March 5

PRESCHOOL ages 3-5

BEGINNER I Res / Non Res

2111.608	Monday	4:45-5:30 pm	\$88 / \$96
2111.609	Monday	6:45-7:30 pm	\$88 / \$96
2111.610	Tuesday	5:45-6:30 pm	\$88 / \$96
2111.611	Wednesday	4:45-5:30 pm	\$88 / \$96
2111.612	Saturday	9:00-9:45 am	\$88 / \$96

BEGINNER II Res / Non Res

2111.613	Monday	5:45-6:30 pm	\$88 / \$96
2111.614	Tuesday	4:45-5:30 pm	\$88 / \$96
2111.615	Wednesday	7:00-7:45 pm	\$88 / \$96
2111.616	Saturday	10:00-10:45 am	\$88 / \$96

INTERMEDIATE Res / Non Res

2111.617	Wednesday	5:45-6:45 pm	\$115 / \$125
2111.618	Saturday	11:00 am-12:00	\$115 / \$125

ADVANCED Res / Non Res

2111.619	Tuesday	6:45-7:45 pm	\$115 / \$125
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INSTRUCTIONAL ages 6-14

BEGINNER I Res / Non Res

2121.612	Monday	4:30-5:30 pm	\$92 / \$100
2121.613	Tuesday	4:45-5:45 pm	\$92 / \$100
2121.614	Thursday	6:00-7:00 pm	\$92 / \$100
2121.615	Saturday	10:45-11:45 am	\$92 / \$100

BEGINNER II Res / Non Res

2121.616	Monday	5:45-7:00 pm	\$110 / \$120
2121.617	Wednesday	4:30-5:45 pm	\$110 / \$120
2121.618	Saturday	12:00-1:15 pm	\$110 / \$120

INTERMEDIATE Res / Non Res

2121.619	Wednesday	6:00-7:30 pm	\$125 / \$135
2121.620	Saturday	9:00-10:30 am	\$125 / \$135

ADVANCED I Res / Non Res

2121.621	Tuesday	6:00-7:30 pm	\$125 / \$135
2121.622	Saturday	9:00-10:30 am	\$125 / \$135

ADVANCED II Res / Non Res

2121.623	Tuesday	6:00-8:00 pm	\$166 / \$178
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REGISTRATION INFORMATION

ONLINE REGISTRATION: www.cityofroseville.com/parks

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

FIRST DAY TO REGISTER: NOVEMBER 16.

CLASSES OFTEN FILL SO REGISTER EARLY.

NON-RESIDENT FEE: \$8-\$10 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

WINTER SESSION 2022 January 3 – March 5

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	Jan 3	Jan 4	Jan 5	Jan 8
Week 2	Jan 10	Jan 11	Jan 12	Jan 15
Week 3	Jan 17	Jan 18	Jan 19	Jan 22
Week 4	Jan 24	Jan 25	Jan 26	Jan 29
Week 5	Jan 31	Feb 1	Feb 2	Feb 5
Week 6	Feb 7	Feb 8	Feb 9	Feb 12
Week 7	Feb 14	Feb 15	Feb 16	Feb 19
Week 8	Feb 21	Feb 22	Feb 23	Feb 26
Week 9	Feb 28	March 1	March 2	March 5

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.