

Middlesex Park & Recs

Summer Gymnastics

Coached by Amy Thurston

Tumbling Tots: Ages 2-4 \$20 per week

Mon. Wed. Fri. All classes 9:00 to 9:30

June 21 to June 25

June 28 to July 2

July 19 to July 23

July 26 to July 30

This class is for 2-4 year olds. Parents must participate with their child. Your child will learn hand eye coordination, simple balancing skills, and basic tumbling.

Beginning Gymnastics Ages 5 to 14 10 openings per class

\$50 per week

This class will learn basic fundamentals of the beam, vault, floor and bars. Emphasis is on building basic skills, strength and flexibility.

A leotard is required. Hair must be up in a ponytail. Please bring your own drink. NO SODA's

Monday to Friday

June 21 to June 25 9:45 10:45

June 21 to June 25 10:45 to 11:45

June 28 to July 2 9:45 10:45

June 28 to July 2 10:45 to 11:45

July 12 to July 16 9:45 to 10:45

July 12 to July 16 10:45 to 11:45

July 19 to July 23 9:45 to 10:45

July 19 to July 23 10:45 to 11:45

Intermediate Gymnastics Ages 5 to 14 10 openings per class

\$65.00 per week

This class involves more intensive strength, conditioning, and flexibility. These kids will learn more challenging skills on bars, floor, vault and beam. In order to be in this class you must be working on Floor: backbend kickover; Beam: handstands/cartwheels; Bars: pullover, back hip circle; Vault: straddle over, front handspring.

A leotard is required and hair must be up in a ponytail. You must bring your own drink/snack. NO SODA'S or JUNK FOOD.

Monday to Friday All classes are from 12 to 1:30

June 21 to June 25

June 28 to July 2

June 12 to July 16

July 19 to July 23

Advanced Gymnastics Ages 5 to 18 10 openings per class

\$75 per week

This is the highest level of recreational gymnastics and is geared toward the more experienced gymnast. Skills required to be in this class are: walkovers, hip circles on bars, working on cartwheels on beam, back handsprings, and round off back handsprings on floor. This class also has intense conditioning.

A leotard is required and hair must be up in a ponytail. You must bring your own drink/snack. NO SODA's or JUNK FOOD.

Monday to Friday All classes are from 1:30 to 3:00

June 21 to June 25

June 28 to July 2

July 12 to July 16

July 19 to July 23

Summer Cheerleading

Cheerleading Skills classes. Ages 9-14 10 openings per class

\$40 per week

In this class you will learn how to do a round-off back handspring, back tucks, cheerleading jumps, and stunting from halves, libs and baskets. Challenging Conditioning.

Monday to Friday All classes 10:00 to 11:30

August 2 to August 6

August 9 to August 20

Strength & Tumbling

Ages 14-17 Monday to Friday

\$40 per week

In this class you will work on skills on floor from a back bend kickover to round off back handspring back layout. Conditioning will be intense throughout practice.

All classes are from 2:00 to 3:00

August 2 to August 6

August 9 to August 13

August 16 to August 20

Adult Strength Class

Ages 18 & up Wednesdays 6:00 to 6:45

\$ 40.00 June 30 to August 4th

In this class you will work on strengthening the overall body through a variety of strengthening and stretching exercises. This is a moderate exercise class.