

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
www.rosevillegymnastics.com

FALL SESSION 2021

September 13 – November 6

PRESCHOOL ages 3-5

BEGINNER I Res / Non Res

2111.596	Monday	4:45-5:30 pm	\$78 / \$86
2111.597	Monday	6:45-7:30 pm	\$78 / \$86
2111.598	Tuesday	5:45-6:30 pm	\$78 / \$86
2111.599	Wednesday	4:45-5:30 pm	\$78 / \$86
2111.600	Saturday	9:00-9:45 am	\$78 / \$86

BEGINNER II Res / Non Res

2111.601	Monday	5:45-6:30 pm	\$78 / \$86
2111.602	Tuesday	4:45-5:30 pm	\$78 / \$86
2111.603	Wednesday	7:00-7:45 pm	\$78 / \$86
2111.604	Saturday	10:00-10:45 am	\$78 / \$86

INTERMEDIATE Res / Non Res

2111.605	Wednesday	5:45-6:45 pm	\$102 / \$112
2111.606	Saturday	11:00 am-12:00	\$102 / \$112

ADVANCED Res / Non Res

2111.607	Tuesday	6:45-7:45 pm	\$102 / \$112
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INSTRUCTIONAL ages 6-14

BEGINNER I Res / Non Res

2121.600	Monday	4:30-5:30 pm	\$82 / \$90
2121.601	Tuesday	4:45-5:45 pm	\$82 / \$90
2121.602	Thursday	6:15-7:15 pm	\$82 / \$90
2121.603	Saturday	10:45-11:45 am	\$82 / \$90

BEGINNER II Res / Non Res

2121.604	Monday	5:45-7:00 pm	\$98 / \$106
2121.605	Wednesday	4:30-5:45 pm	\$98 / \$106
2121.606	Saturday	12:00-1:15 pm	\$98 / \$106

INTERMEDIATE Res / Non Res

2121.607	Wednesday	6:00-7:30 pm	\$111 / \$121
2121.608	Saturday	9:00-10:30 am	\$111 / \$121

ADVANCED I Res / Non Res

2121.609	Thursday	4:30-6:00 pm	\$111 / \$121
2121.610	Saturday	9:00-10:30 am	\$111 / \$121

ADVANCED II Res / Non Res

2121.611	Tuesday	6:00-8:00 pm	\$148 / \$158
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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: AUGUST 17. 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

FALL SESSION 2021 September 13 – November 6

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>SATURDAY</u>
Week 1	Sept 13	Sept 14	Sept 15	Sept 16	Sept 18
Week 2	Sept 20	Sept 21	Sept 22	Sept 23	Sept 25
Week 3	Sept 27	Sept 28	Sept 29	Sept 30	Oct 2
Week 4	Oct 4	Oct 5	Oct 6	Oct 7	Oct 9
Week 5	Oct 11	Oct 12	Oct 13	Oct 14	Oct 16
Week 6	Oct 18	Oct 19	Oct 20	Oct 21	Oct 23
Week 7	Oct 25	Oct 26	Oct 27	Oct 28	Oct 30
Week 8	Nov 1	Nov 2	Nov 3	Nov 4	Nov 6

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.