

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department
RosevilleGymnastics@cityofroseville.com

WINTER SESSION 2024

January 8 - March 9

PRESCHOOL **ages 3-5**

BEGINNER I **Res / Non Res**

2111.700	Monday	4:45-5:30 pm	\$92 / \$100
2111.701	Monday	6:45-7:30 pm	\$92 / \$100
2111.702	Tuesday	5:45-6:30 pm	\$92 / \$100
2111.703	Wednesday	4:45-5:30 pm	\$92 / \$100
2111.704	Saturday *	9:00-9:45 am	\$92 / \$100

BEGINNER II **Res / Non Res**

2111.705	Monday	5:45-6:30 pm	\$92 / \$100
2111.706	Tuesday	4:45-5:30 pm	\$92 / \$100
2111.707	Wednesday	5:45-6:30 pm	\$92 / \$100
2111.708	Saturday *	10:00-10:45 am	\$92 / \$100

INTERMEDIATE **Res / Non Res**

2111.709	Wednesday	6:45-7:45 pm	\$114 / \$124
2111.710	Saturday *	11:00 am-12:00	\$114 / \$124

ADVANCED **Res / Non Res**

2111.711	Tuesday	6:45-7:45 pm	\$114 / \$124
----------	---------	--------------	---------------

INSTRUCTIONAL **ages 6-14**

BEGINNER I **Res / Non Res**

2121.708	Monday	4:30-5:30 pm	\$102 / \$112
2121.709	Tuesday	4:45-5:45 pm	\$102 / \$112
2121.710	Wednesday	6:00-7:00 pm	\$102 / \$112
2121.711	Saturday *	10:45-11:45 am	\$102 / \$112

BEGINNER II **Res / Non Res**

2121.712	Monday	5:45-7:00 pm	\$118 / \$128
2121.713	Wednesday	4:30-5:45 pm	\$118 / \$128
2121.714	Saturday *	12:00-1:15 pm	\$118 / \$128

INTERMEDIATE **Res / Non Res**

2121.715	Wednesday	6:00-7:30 pm	\$134 / \$144
2121.716	Saturday *	9:00-10:30 am	\$134 / \$144

ADVANCED I **Res / Non Res**

2121.717	Tuesday	6:00-7:30 pm	\$134 / \$144
2121.718	Saturday *	9:00-10:30 am	\$134 / \$144

ADVANCED II **Res / Non Res**

2121.719	Tuesday	6:00-8:00 pm	\$176 / \$188
----------	---------	--------------	---------------

REGISTRATION INFORMATION

ONLINE REGISTRATION: www.cityofroseville.com/parks

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

FIRST DAY TO REGISTER: NOVEMBER 21.

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@cityofroseville.com

WINTER SESSION 2024 January 8 – March 9

Classes will meet on the following days:

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	Jan 8	Jan 9	Jan 10	Jan 13
Week 2	Jan 15	Jan 16	Jan 17	Jan 20
Week 3	Jan 22	Jan 23	Jan 24	Jan 27
Week 4	Jan 29	Jan 30	Jan 31	Feb 3
Week 5	Feb 5	Feb 6	Feb 7	Feb 10
Week 6	Feb 12	Feb 13	Feb 14	Feb 24
Week 7	Feb 19	Feb 20	Feb 21	March 2
Week 8	Feb 26	Feb 27	Feb 28	* March 9

*** NO CLASS FEB 17, MAKE UP MARCH 9**

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.