

# ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department  
[RosevilleGymnastics@cityofroseville.com](mailto:RosevilleGymnastics@cityofroseville.com)

## WINTER SESSION 2023

January 2 - March 11

### PRESCHOOL ages 3-5

#### BEGINNER I Res / Non Res

2111.000	Monday	4:45-5:30 pm	\$95 / \$103
2111.000	Monday	6:45-7:30 pm	\$95 / \$103
2111.000	Tuesday	5:45-6:30 pm	\$95 / \$103
2111.000	Wednesday	4:45-5:30 pm	\$95 / \$103
2111.000	Saturday	9:00-9:45 am	\$95 / \$103

#### BEGINNER II Res / Non Res

2111.000	Monday	5:45-6:30 pm	\$95 / \$103
2111.000	Tuesday	4:45-5:30 pm	\$95 / \$103
2111.000	Wednesday	7:00-7:45 pm	\$95 / \$103
2111.000	Saturday	10:00-10:45 am	\$95 / \$103

#### INTERMEDIATE Res / Non Res

2111.000	Wednesday	5:45-6:45 pm	\$124 / \$134
2111.000	Saturday	11:00 am-12:00	\$124 / \$134

#### ADVANCED Res / Non Res

2111.000	Tuesday	6:45-7:45 pm	\$124 / \$134
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### INSTRUCTIONAL ages 6-14

#### BEGINNER I Res / Non Res

2121.000	Monday	4:30-5:30 pm	\$100 / \$110
2121.000	Tuesday	4:45-5:45 pm	\$100 / \$110
2121.000	Wednesday	6:00-7:00 pm	\$100 / \$110
2121.000	Saturday	10:45-11:45 am	\$100 / \$110

#### BEGINNER II Res / Non Res

2121.000	Monday	5:45-7:00 pm	\$120 / \$130
2121.000	Wednesday	4:30-5:45 pm	\$120 / \$130
2121.000	Saturday	12:00-1:15 pm	\$120 / \$130

#### INTERMEDIATE Res / Non Res

2121.000	Wednesday	6:00-7:30 pm	\$137 / \$147
2121.000	Saturday	9:00-10:30 am	\$137 / \$147

#### ADVANCED I Res / Non Res

2121.000	Tuesday	6:00-7:30 pm	\$137 / \$147
2121.000	Saturday	9:00-10:30 am	\$137 / \$147

#### ADVANCED II Res / Non Res

2121.000	Tuesday	6:00-8:00 pm	\$182 / \$194
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### REGISTRATION INFORMATION

ONLINE REGISTRATION: [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks)

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

*FIRST DAY TO REGISTER: NOVEMBER 22.*

*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](mailto:RosevilleGymnastics@cityofroseville.com)

**WINTER SESSION 2023 January 2 – March 11**

**Classes will meet on the following days:**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>SATURDAY</u>
Week 1	Jan 2	Jan 3	Jan 4	Jan 7
Week 2	Jan 9	Jan 10	Jan 11	Jan 14
Week 3	Jan 16	Jan 17	Jan 18	Jan 21
Week 4	Jan 23	Jan 24	Jan 25	Jan 28
Week 5	Jan 30	Jan 31	Feb 1	Feb 4
Week 6	Feb 6	Feb 7	Feb 8	Feb 11
Week 7	Feb 13	Feb 14	Feb 15	Feb 25
Week 8	Feb 20	Feb 21	Feb 22	March 4
Week 9	Feb 27	Feb 28	March 1	March 11
No Class				Feb 18

**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.