

ROSEVILLE GYMNASTICS CENTER

Roseville Parks & Recreation Department

RosevilleGymnastics@cityofroseville.com

FALL SESSION 2023

September 11 – November 7

PRESCHOOL **ages 3-5**

BEGINNER I **Res / Non Res**

2111.688	Monday	4:45-5:30 pm	\$92 / \$100
2111.689	Monday	6:45-7:30 pm	\$92 / \$100
2111.690	Tuesday *	5:45-6:30 pm	\$92 / \$100
2111.691	Wednesday	4:45-5:30 pm	\$92 / \$100
2111.692	Saturday	9:00-9:45 am	\$92 / \$100

BEGINNER II **Res / Non Res**

2111.693	Monday	5:45-6:30 pm	\$92 / \$100
2111.694	Tuesday *	4:45-5:30 pm	\$92 / \$100
2111.695	Wednesday	7:00-7:45 pm	\$92 / \$100
2111.696	Saturday	10:00-10:45 am	\$92 / \$100

INTERMEDIATE **Res / Non Res**

2111.697	Wednesday	5:45-6:45 pm	\$114 / \$124
2111.698	Saturday	11:00 am-12:00	\$114 / \$124

ADVANCED **Res / Non Res**

2111.699	Tuesday *	6:45-7:45 pm	\$114 / \$124
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INSTRUCTIONAL **ages 6-14**

BEGINNER I **Res / Non Res**

2121.696	Monday	4:30-5:30 pm	\$102 / \$112
2121.697	Tuesday *	4:45-5:45 pm	\$102 / \$112
2121.698	Thursday	6:15-7:15 pm	\$102 / \$112
2121.699	Saturday	10:45-11:45 am	\$102 / \$112

BEGINNER II **Res / Non Res**

2121.700	Monday	5:45-7:00 pm	\$118 / \$128
2121.701	Wednesday	4:30-5:45 pm	\$118 / \$128
2121.702	Saturday	12:00-1:15 pm	\$118 / \$128

INTERMEDIATE **Res / Non Res**

2121.703	Wednesday	6:00-7:30 pm	\$134 / \$144
2121.704	Saturday	9:00-10:30 am	\$134 / \$144

ADVANCED I **Res / Non Res**

2121.705	Thursday	4:30-6:00 pm	\$134 / \$144
2121.706	Saturday	9:00-10:30 am	\$134 / \$144

ADVANCED II **Res / Non Res**

2121.707	Tuesday *	6:00-8:00 pm	\$176 / \$188
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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 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

FALL SESSION 2023 September 11 – November 7

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 11	Sept 12	Sept 13	Sept 14	Sept 16
Week 2	Sept 18	Sept 19	Sept 20	Sept 21	Sept 23
Week 3	Sept 25	Sept 26	Sept 27	Sept 28	Sept 30
Week 4	Oct 2	Oct 3	Oct 4	Oct 5	Oct 7
Week 5	Oct 9	Oct 10	Oct 11	Oct 12	Oct 14
Week 6	Oct 16	Oct 17	Oct 18	Oct 19	Oct 21
Week 7	Oct 23	Oct 24	Oct 25	Oct 26	Oct 28
Week 8	Oct 30	*Nov 7	Nov 1	Nov 2	Nov 4

***No Class Oct 31, make up date will be Nov 7**

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.