



DRILLS/STRENGTH/FLEXIBILITY

PLACE: PAS Gymnastics Room

INSTRUCTORS: Stacy Wallace /Cristin Winter/Jake Evans and PAS High School Gymnasts

Program Guidelines

Parents and Spectators are Not Allowed in Room

Gymnast - Bring own Water Bottle

No Food in Gym

Pods of 8 with 2 Coaches (same coaches throughout program) - No Spotting

NO FAMILY DAY AT END OF PROGRAM

PEE WEE GYMNASTICS

4, 5 & 6 YEAR OLDS

CHILDREN MUST BE 4 PRIOR TO BEGINNING OF PROGRAM

MONDAYS July 6-27

TIME: 9:00-9:45 A.M.

10:00 – 10:45 A.M.

FEE: \$35.00 **Class Limit Per Time :** 24 (3 pods of 8)

REGISTRATION DEADLINE: Wednesday, July 1

BEGINNER GYMNASTICS

7 – 12 Year Olds

Session I: July 7-16

Session II: July 21-30

Tues-Wed-Thurs

TIME: 8:00 – 9:00 A.M.

FEE: \$40.00 **Class Limit Per Session:** 24 (3 pods of 8)

REGISTRATION DEADLINE: Wednesday, July 1

***SPECIALIZED GYMNASTICS**

* **Session I:** July 7-16

***Session II:** July 21-30

Tues-Wed-Thur *ADVANCED

TIME: 9:15-10:45 A.M.

FEE: \$45.00 **Class Limit Per Session:** 24 (3 pods of 8)

REGISTRATION DEADLINE: Wednesday, July 1

*SPECIALIZED GYMNASTICS PARTICIPANTS MUST BE recommended by a coach to participate in this class!
General skill set includes: front hand-spring on vault with spot, cartwheel/back and front walkover/back handspring on floor,
pull over/back hip circle/kip/fly away on bars.
Instructors reserve the right to move your child to the appropriate class

HIGH SCHOOL GYMNASTICS

GRADES: Entering 7th Grade to 12th Grade

Session I: July 7-16

Session II: July 21-30

Tues-Wed-Thurs

10:15 A.M. – 12:15 P.M.

FEE: 1 WEEK ONLY: \$30.00

2 WEEKS: \$45.00

Class Limit Per Session: 16 (2 Pods of 8)

REGISTRATION DEADLINE: Wednesday, July 1

