



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS SUMMER SESSION

July 2nd to August 26th

MONDAYS

- 4:00–5:00pm Beginner Gymnastics / Ages 6–8 (Gym/Ray)
- 5:00–6:00pm Beginner Gymnastics / Ages 7–12 (Gym/Ray)
- 6:00–7:00pm Adv. Beginner Gymnastics / Ages 6–12 (Gym/Ray)

TUESDAYS

- 4:00–4:55pm Youth Basketball / Ages 8–12 (Gym/Beau)
- 5:00–5:55pm Youth Basketball / Ages 10–14 (Gym/Beau)

WEDNESDAYS

- 4:00–5:30pm Intermediate Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–6:30pm Advanced Int. Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–7:00pm Gymnastics Club / Ages 10–17 (Gym/Ray)

FRIDAYS

- 4:00–5:30pm Intermediate Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–6:30pm Advanced Int. Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–7:00pm Gymnastics Club / Ages 10–17 (Gym/Ray)

MORE INFORMATION:

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YOUTH SPORTS PROGRAMS

*registration required for all classes

Basketball

Members: \$125, Non-Members: \$180 per 8 week session

Children will learn the fundamentals of basketball through modified basketball activities. Fun and budding self confidence are gained while making new friends and just having fun playing.

Beginner Gymnastics

Members: \$140, Non-Members: \$200 per 8 week session

This Co-ed class for children focuses on increased use of apparatus and learning basic gymnastics skills.

Advanced Beginner Gymnastics

Members: \$155, Non-Members: \$220 per 8 week session

This co-ed class for children 6 and up focuses on basic floor and apparatus skills, increasing strength and endurance, and preparation for the more rigorous intermediate program.

Intermediate Gymnastics

Members: \$220, Non-Members: \$315 per 8 week session

This intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movement.

Advanced Intermediate Gymnastics

Members: \$220, Non-Members: \$315 per 8 week session

In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements.

Gymnastics Club

Members: \$235, Non-Members: \$330 per 8 week session

Participants who are currently in the advanced intermediate class and who qualify may participate. The club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.