

Community Education Gymnastics

Panther Toddles Tumblers (Parent/Child Class): *ages 18 months-3 years old* A class for our littlest gymnasts with the assistance of parent involvement. The class will involve instruction from a coach who will set up fun activities to do in the gym.

Panther Tumblers: *3 years old - 4 years old.* Beginning recreational gymnastics with an emphasis on listening skills and learning about the different skills and vocabulary of the equipment in the gym.

Level 1 – Beginners: This class is for students who have passed out of Tumblers or are at least 5 years old and have no prior gymnastic experience. We will learn skills on bars, beam, floor and vault. On bars we will work on swinging skills and pullovers. On beam we will work on balance and basic walking and jumping skills. On floor we will introduce forward and backward rolls, cart wheels and handstands.

Level 2 – Intermediate: This class is for students that have passed Level 1, or have had prior gymnastic experience. Students will work on some of the same skills as level 1 but with more difficult skills added.

Level 3 – Advanced: This class is for students that have successfully passed level 2, or have had prior gymnastic experience. We will be perfecting skills learned in Level 1 and Level 2.

Level 4 - Pre-Team: This class is for students that have successfully passed level 3, and want to continue developing their gymnastics skills but are not ready to move to Panther Paw Team.

One-on-One Training Sessions: Are you looking to stick a particular skill? This is your opportunity to receive individualized training with one of our adult coaches. One hour sessions are \$25. Register by calling 320-864-2690. Our staff will connect you with a coach to set-up the scheduled training session(s) based on gym availability

Mondays: 10/4, 10/11, 10/18, 10/25, 11/1, 11/8

Course: #4020M Parent/Child	6:00-6:30PM
Course: #4021M Panther Tumblers	6:00-6:30PM
Course: #4321M Level 1	6:00-6:45PM
Course: #4421M Level 2	6:30-7:30PM
Course: #4320M Level 3	6:30-7:30PM
Course: #4420M Level 4	6:45-7:45PM

Wednesday: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3

Course: #4020W Parent/Child	6:00-6:30PM
Course: #4021W Panther Tumblers	6:00-6:30PM
Course: #4321W Level 1	6:00-6:45PM
Course: #4322W Level 1	6:30-7:15PM
Course: #4421W Level 2	6:30-7:30PM
Course: #4320W Level 3	6:45-7:45PM

Gymnastic Class Pricing:

Parent/Child - \$32

Panther Tumblers –

Age 3-5: \$32

Level 1 - Beginners –

Age 5 and Above: \$48

Level 2 - Intermediate: \$65

Level 3 - Advanced: \$65

Level 4 - Pre-Team: \$65

Gymnastics One-on-One Training Sessions

Are you looking to stick a particular skill? This is your opportunity to receive individualized training with one of our adult coaches. Community Education staff will connect you with a coach to set-up the schedule training session(s) based on gym availability. For more information or to register, please call Community Education at 320-864-2690.

Time: 1 hour

Fee: \$25