



A NEW session of Gymnastics is just around the corner! Don't miss this Winter & Spring program in its NEW Mt. Jackson location!

SCPR and its instructors have worked very hard to develop and expand our gymnastics program, and to keep it going during the renovation of the Edinburg School. Many of you are ready to move on to more advanced skills and new students need a pre-cursor to a full gymnastics class; so, we have the class that's right for you.

Lil' Tykes: Introductory class will focus on teaching the basic tumbling techniques and movements, and introducing the balance beam. Ages 2-4 yrs.

Beginners: Introductory class will focus on flexibility and stretching through exercises on the beam, floor, and vault. Students will learn how to do forward rolls, backward rolls, back extensions, round-offs, cartwheels, and handstands. Ages 5-12 yrs. PLEASE NOTE: The instructor will determine when a student is ready to move up to the next level.

Intermediates: Previous gymnastics experience required. Students will master cartwheels, handstands, and round-offs on the floor, walk on the balance beam without fear, and introduce the skills of preparing routines. Ages 5-12 yrs. PLEASE NOTE: The instructor will determine when a student is ready to move up to the next level.

Advanced: Previous mastery of Intermediate skills required. Students will do cartwheels and handstands on the beam, bridge kick-overs on the floor, and prepare routines. Ages 5-12 yrs. PLEASE NOTE: The instructor will determine when a student is ready to move up to the next level.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEES	CODE	DEADLINE
Lil' Tykes Gymnastics							
Tuesdays	4:00-4:30pm	January 10-February 21 Feb. 28 - Snow make-up	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$54	120603A	January 9 (no on-site regist.)
Tuesdays	4:00-4:30pm	March 13-April 24	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$54	120603B	March 13 (no on-site regist.)
Beginner Gymnastics							
Tuesdays	4:35-5:35pm	January 10-February 21 Feb. 28 - Snow make-up	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130610A	January 9 (no on-site regist.)
Tuesdays	4:35-5:35pm	March 13-April 24	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130610B	March 13 (no on-site regist.)
Intermediate Gymnastics							
Tuesdays	5:40-6:40pm	January 10-February 21 Feb. 28 - Snow make-up	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130615A	January 9 (no on-site regist.)
Tuesdays	5:40-6:40pm	March 13-April 24	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130615B	March 13 (no on-site regist.)
Advanced Gymnastics							
Tuesdays	6:45-7:45pm	January 10-February 21 Feb. 28 - Snow make-up	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130611A	January 9 (no on-site regist.)
Tuesdays	6:45-7:45pm	March 13-April 24	Mt. Jackson Community Center (former fire dept.)	K. Doverspike	\$70	130611A	March 13 (no on-site regist.)

**For more information, contact Shenandoah County Parks & Recreation at 540-459-6777
or scpr@shenandoahcountyva.us.**