



New London Parks and Recreation

## **Fall II Gymnastics Session**

Involving your child in gymnastics at an early age can be an extremely rewarding and fun experience. Children are able to experience how their body moves, socialize with other children and enjoy the thrill of learning a new skill while building muscular strength, coordination and cardiovascular endurance. Students will learn in a disciplined and enthusiastic atmosphere with an emphasis on safety. I am proud of this program which is structured to instill in children a love of exercise, healthy eating, getting fit, and living long! ~Georgette Messina

**All programs will be held at the new Ignite Gymnastics and Cheer Facility which was previously the True Value in the Wolf River Plaza. Due to the transition to the new facility this session will not incorporate uneven bars into the lesson plans.**

### **Kinder Gymnastics**

**Who:** 5 and 6 year olds

**When:** Tuesdays 3:45-4:30 p.m.: November 15–December 13, 2011

**THERE IS TUESDAY CLASS THE WEEK OF THANKSGIVING!!**

**Fee:** Residents/Non-Residents \$8.00/\$23.00

Children work on beginning tumbling skills and also the basics of bars, beam, vault & trampoline. Classes are designed to introduce kindergarten-aged athletes to fundamental gymnastics and body shapes on full size equipment.

### **4's in Motion!**

**Who:** 4 year olds

**When:** Mondays 3:45-4:30 p.m.: November 14-December 12, 2011

**THERE IS MONDAY CLASS THE WEEK OF THANKSGIVING!!**

**Fee:** Residents/Non-Residents \$8.00/\$23.00

This class grounds children in their sense of motion and grace. Children will work on balance, movement, and motion.

### **Beaming Beginners**

**Who:** 7 and 8 year olds

**When:** Mondays/Wednesdays 4:30-5:30 p.m.: November 14-December 21, 2011

**NO CLASS WEDNESDAY OF THANKSGIVING!!!**

**Fee:** Residents/Non-Residents \$18.00/\$33.00

In this 1 hour class, children work on beginning tumbling skills as well as the basics of bars, beam, vault & trampoline. As students work in each developmental level they are building strength, flexibility, balance and spatial awareness. Skills are broken down in order to facilitate learning.

### **Flipping Forward**

**Who:** 9 and 10 year olds

**When:** Tuesdays/Thursdays 4:30-5:30 p.m.: November 15-December 22, 2011

**NO CLASS ON THANKSGIVING!!!**

**Fee:** Residents/Non-Residents \$18.00/\$33.00

Skills taught include: forward & backward rolls, headstands, handstands, right & left cartwheels, bridge, back bends, bridge kick over, pull over, back hip circle, basic dance steps and forward roll on the balance beam.

**Register now through November 14, 2011**

by calling the Parks and Recreation Department at (920) 982-8521 or by going online at [www.newlondonwi.org](http://www.newlondonwi.org) and clicking on our online registration.

