

# GYMNASTICS

Class #10401 Class Fee \$95

## Pre-School Classes

### Tiny Tumblers

Tuesday 10:00-10:45 Section F  
Saturday 9:15-10:00 Section X

### Jr. Jumpers

Monday 12:30-1:15 Section A

### Nugget Ninjas

Tuesday 1:15-2:00 Section G  
Tuesday 2:00-2:45 Section G1  
Wednesday 9:45-10:30 Section I  
Saturday 11:45-12:30 Section Z

### Gymnastics for Ages 3 - Pre K

Monday 1:30-2:15 Section A1  
Monday 2:15-3:00 Section B  
Tuesday 11:00-11:45 Section E  
Wednesday 10:45-11:30 Section J  
*Wednesday 2:00-3:00 Gymnastics & Dance*  
Wednesday 3:15-4:00 Section K  
Friday 1:30-2:15 Section S  
Friday 3:00-3:45 Section T  
Saturday 8:30-9:15 Section W  
Saturday 10:00-10:45 Section Y

### **JR. JUMPERS** Ages 12-30 mos. (walker) WITH PARENT OR GUARDIAN

This class will focus on building fundamental motor skills by play on basic gymnastics equipment. We will do a group warm up and stretch. Parents and children will play and interact while learning new skills.

### **TINY TUMBLERS:** Ages 2-3 1/2 (42 mos.) WITH PARENT OR GUARDIAN

Stretching and play with parent, emphasis on large motor skills. Building body awareness with basic gymnastics skills.

### **NUGGET NINJAS:** Ages 3 - Pre K

This class is for the littlest ninjas. They will get stronger, fly higher, and improve their balance in order to accomplish the toughest obstacles around!

### **Age 3 -Pre-K**

Stretching, strengthening, skill building instruction on all gymnastics events (Bars, Beam, Floor & Vault). Classes specifically tailored to each gymnast's ability within the class.

### **Parent/Child Open Gymnastics**

#### **ages 3-5**

\$5/visit

Meet our amazing gymnastics teachers and enjoy a fun and safe introduction to our gymnastics room! Come with your friends and have a great time. *Must be Hayden member and a parent must accompany each child.*

## Grades K & Up

### Monday

Gr. K-2 3:45-4:45 Section C  
Gr. 1-3 4:45-5:45 Section D

### Wednesday

Gr K-3 4:00-5:00 Section

### Thursday

Gr. K-3 3:00-4:00 Section N  
Gr. 4 & Up 4:00-5:00 Section P

### Friday

Gr. 2-5 3:45-4:45 Section U  
Gr. 4 & Up 4:45-5:45 Section V

### Saturday

Gr. 2-5 12:30-1:30 Section Z1

### Ultimate Ninjas

Tuesday Gr K-2 3:45-4:30 Section H  
Tuesday Gr 3-5 4:30-5:15 Section H1  
Thursday Gr K-5 2:00-2:45 Section M

### Obstacle Course

Saturday Gr K&1 10:45-11:30 Section Z

## Gymnastics Team

Class #10405

### Bronze

Tuesday 5:15-7:00  
Thursday 5:00-6:30

### Silver & Gold

Monday 5:45-7:30  
Thursday 6:00-7:30

### ZUMBA Class #10402

Class fee \$70

<b>Monday</b>	<b>Thursday</b>
<i>Gr 6-Adult</i>	<i>Gr K &amp; Up</i>
3:30-4:15	1:15-2:00
Section	Section

### OPEN GYMNASTICS

**Gr K&Up** Class #10403

Wednesday 5:00-6:00  
Friday 5:45-6:45

### Parent/Child Open Gym

**Ages 3-5** Class #10404

Wednesday 1:00-1:30

### **Grades K & Up**

Stretching, strengthening, skill building instruction on all gymnastics events (Bars, Beam, Floor & Vault). Classes specifically tailored to each gymnast's ability within the class.

### **OBSTACLE COURSE:**

#### **Grades K & 1**

This class is for the child that is coming out of the preschool classes and wants to learn more but not quite ready for the next gymnastics class. Similar to our grade school classes this class will focus on a skill of the week that is incorporated into more advanced obstacle courses.

### **ULTIMATE NINJA WARRIOR**

Calling all future ninja warriors. Based on the TV show American Ninja Warrior your warrior will learn how to conquer challenging obstacles such as the warped wall or quad steps. They will also work on the strength needed to accomplish these feats.

### **TEAM: Grades K & up**

Team \$415 (no uniform \$360)

Try-outs September 11th at 5:45 PM. At this time, gymnasts will be evaluated on skills, flexibility, attitude, and responsiveness to instructions. There will be a parents meeting in the gymnastics room. Times and days of each program are noted above. Youth members may still register for a class.

### **GYMNASTICS OPEN-GYM:**

#### **Grades K & Up**

\$5 per visit

We are now offering 2 open gyms for members in grades K-12. The coaches will be available to help you work on that new skill you want, perfect an old skill or to just have fun! All equipment will be available.

### **ZUMBA**

Zumba is a fun, easy to follow, calorie burning workout that will keep you coming back for more! Come see what all the excitement is about. Tracy Borletto (Hayden Gymnastics Instructor) will lead you through this exhilarating workout!

### Dress Code for Gymnastics

**Girls:** Shorts and T-shirt, or leotard, hair pulled up off face, no jewelry except stud earrings.

**Boys:** Shorts and T-shirt

**BOYS AND GIRLS BARE FEET FOR SAFETY**