

Boys Gymnastics Cont.

Little Dudes

(Boys 4yrs & Up/1 Hr.)

Coach selected **\$90/Session 2 days/week**

Monday and Wednesday 5:30pm (2 days per week only)

Tumbling & Cheerleading

Beginner Tumbling (6yrs & Up/1 Hr.)

Class ratio is 8 students to 1 coach. **\$62/Session 1 day/week**
Designed for both boys and girls. Classes begin with group stretching and warm up exercises. Focus of this class is to teach basic tumbling skills. Students will work toward mastering the standing back hand-spring and round off back hand-spring. As in our other classes, coaches continually strive to bring fun and excitement to each class by introducing new skills and practice drills.

Wednesday 7:30pm

Intermediate Tumbling (6yrs & Up/1 Hr.)

Class ratio is 8 students to 1 coach. **\$62/Session 1 day/week**
Coach selected & must be tested out of Beginner Tumbling skills
Designed for both boys and girls. Classes begin with group stretching and warm up exercises. Students will move to various stations to work on different tumbling skills. Focus of this class is to teach multiple back hand-springs and back tucks. As in our other classes, coaches continually strive to bring fun and excitement to each class by introducing new skills and practice drills.

Monday 7:30pm

Cheer Skills (6yrs & Up/1 Hr.)

Class ratio is 8 students to 1 coach. **\$62/Session 1 day/week**
Designed for both boys and girls. Focus of this class is to teach the basic cheerleading skills such as: jumps, motions and basic tumbling. As in our other classes, coaches continually strive to bring fun and excitement to each class.

Thursday 7:00pm

Annual Registration

Annual Registration fee per student \$30
Due at the time of registration. Fee covers each student for 1 year and allows them registration to all special events held at Parker School of Gymnastics.

We also do Birthday Parties, Private Lessons, Field Trips, Open Gym, and Parent's Night Out!
For more information call **303.841.9269** or visit us on the web: www.parkergym.com

SESSION #1 Aug 31-Sep 26

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26

*Gym Closed Labor Day Sep 7th
SESSION #3 Oct 26-Nov 21

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21

SESSION #5 Jan 4-Jan 30

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

SESSION #7 Mar 1-Mar 27

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27

*Spring Break: March 28-April 4
SESSION #9 May 3-May 29

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29

SESSION #11 July 5-July 31

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

SESSION #2 Sep 28-Oct 24

MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

SESSION #4 Nov 23-Dec 19

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
30	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19

*Thanksgiving Break Nov 26-28 *Holiday Break Dec 20-Jan 3
SESSION #6 Feb 1-Feb 27

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27

SESSION #8 Apr 5-May 1

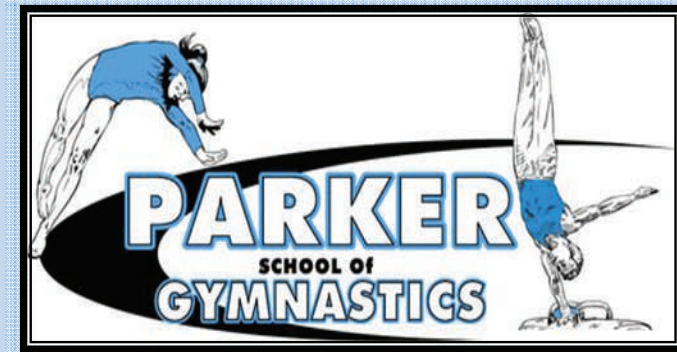
MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	1

SESSION #10 May 31-Jun 26

MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26

*Summer Break: June 27-July 4
SESSION #12 Aug 2-Aug 28

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28



2009-2010 Program Guide



18002 E. Clarke Road
Parker, Colorado 80134
303.841.9269
www.parkergym.com

We also have
HOMESCHOOL
Gymnastics Classes



Preschool Gymnastics

*All Sessions are 4 weeks long

Bumblebees (18-36 mos./30 Mins) \$48/Session

Class ratio is 10 students to 1 coach.

A semi-structured class designed for boys and girls that allows students to begin their gymnastics experience guided by a parent. The first 5 minutes of class is dedicated to jumping on the trampoline, the coaches do group stretching and warm up exercises. Next the coaches move through multiple stations guiding both parent and student through each station. The final 5 minutes of class allows the student to have "open gym" time, allowing them to choose where they want to play. The benefits of this class are child/parent bonding, physical activity, building listening and sharing skills, learning to participate in group activity. For many children this is their first experience in structured group play.

Monday 11:15am
Tuesday 11:00am
Wednesday 11:00am
Saturday 8:00am



Tumblebugs (3-4yrs./45min.) \$60/Session

(Must be out of diapers)
Class ratio is 7 students to 1 coach

Designed for both Boys and Girls. Stretching and warm up exercises are done as a large group during the first 15 minutes of class. Students are introduced to all the men's and women's equipment, utilizing miniature sized pieces of equipment. In addition to basic gymnastics skills, coaches also work on pre-kindergarten skills. (Ex. Standing in line, waiting your turn, etc.)

Monday 10:30am
Tuesday 9:15am/11:30am or 3:30pm
Wednesday 10:15am/11:30am or 3:30pm
Thursday 10:30am/11:15am or 3:30pm/5:30pm
Saturday 8:30am/9:30am

Kinderbugs (5-6yrs./1 hr.) \$65/Session

Class ratio is 7 students to 1 coach

Designed for both Boys and Girls. Stretching and warm up exercises are done as a large group during the first 15 minutes of class. Students are introduced to all the men's and women's equipment, utilizing miniature sized pieces of equipment.

Monday 12:30pm
Tuesday 10:00am/12:30pm/4:30pm or 5:30pm
Wednesday 12:30pm/3:30pm or 4:30pm
Thursday 9:30am or 4:30pm
Friday 5:00pm
Saturday 9:30am or 10:30am

Girls Gymnastics

*All Sessions are 4 weeks long

Tweens (5-7yrs/ 1Hr.) \$68/Session

Class ratio is 8 students to 1 coach.

This class is a bridge class for girls who are aging out of our preschool program. The goal of this class is to introduce students to the larger sets of equipment and prepare them for the girls gymnastics class. Classes begin with group stretching and warm up exercises. Girls work on all 4 Olympic events: Vault, Uneven Bars, Balance Beam, and Floor Exercise in addition to Trampoline. This class uses the Beginner Girls curriculum. Students progress is tracked with skills posters and bi-weekly skills testing. Parents will be kept informed on her progress in class.

Monday 4:30pm
Tuesday 4:30pm
Wednesday 4:30pm
Thursday 4:30pm

Beginner Girls (6yrs. & up/ 1Hr.)

Class ratio is 8 students to 1 coach.

\$68/Session 1 day/week

(* Denotes 2 day-a-week option) **\$90/Session 2 days/week**

This class gives the option to attend once or twice a week. Classes begin with group stretching and warm up exercises. Girls work on all 4 Olympic events: Vault, Uneven Bars, Balance Beam, and Floor Exercise in addition to Trampoline. Students progress is tracked with skills posters and bi-weekly skills testing. Parents will be kept informed on her progress in class.

Monday *4:30pm/*5:30pm or 6:30pm
Tuesday *4:30/5:30pm or 6:30pm
Wednesday *4:30pm/*5:30pm or 6:30pm
Thursday *4:30pm or 5:30pm
Friday 5:00pm
Saturday 10:30am

Intermediate Girls (6yrs. & up / 1Hr.)

(Coach selected & must be tested out of Beginner Girls skills)

Class ratio is 8 students to 1 coach.

\$80/Session 1 day/week

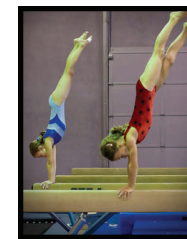
(* Denotes 2 day-a-week class) **\$90/Session 2 days/week**

This class gives the option to attend once or twice a week. Classes begin with group stretching and warm up exercises. Girls work on all 4 Olympic events: Vault, Uneven Bars, Balance Beam, and Floor Exercise in addition to Trampoline. In this class girls continue to grow their skill base from what they learned in Beginner Girls. Students progress is tracked with skills posters and bi-weekly skills testing. Parents will be kept informed on her progress in class.

Monday/Wednesday 6:30-7:30pm*
Tuesday/Thursday 5:30-6:30pm*
Wednesday 6:30-8:00pm (1 day a week)
Thursday 5:30-7:00pm (1 day a week)

Girls Gymnastics Cont.

*All Sessions are 4 weeks long



Advanced Girls
(8yrs. & up / 1.5 Hrs.)
(Coach selected & must be tested out of Intermediate Girls skills)
Class ratio is 8 students to 1 coach.
\$110/Session 2 days/week

This class is twice a week. Classes begin with group stretching and warm up exercises. Girls work on all 4 Olympic events: Vault, Uneven Bars, Balance Beam, and Floor Exercise in addition to Trampoline. In this class girls continue to grow their skill base from what they learned in Intermediate Girls. Students progress is tracked with skills posters and bi-weekly skills testing. Parents will be kept informed on daughter's progress in class.

Tuesday and Thursday 6:30pm (2 day per week only)

Little Wonders (Girls 4yrs & Up/1 Hr.)

Coach selected

\$90/Session 2 days/week

Monday and Wednesday 3:30pm (2 day per week only)

Boys Gymnastics

Beginner Boys (6yrs & Up/1 Hr.) \$68/Session

Class ratio is 8 students to 1 coach. **\$90/Session 2 days/week**

Classes begin with group stretching and warm up exercises. Boys work on all 6 Olympic events: Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, High Bar in addition to Trampoline. Students progress is tracked with skills posters and bi-weekly skills testing. Parents will be kept informed on his progress in class.

Monday 5:30pm
Tuesday 4:30pm
Wednesday 5:30pm
Thursday 4:30pm
Saturday 8:30am



Intermediate Boys (7yrs & Up/1.5 Hr.) \$90/Session

Class ratio is 8 students to 1 coach.

In this class boys continue to grow their skill base from what they learned in Beginner Boys.

Monday 6:30pm