



FLIPTASTIC GYMNASTICS CAMP (5-12 Years)

Winter Break!

Gymnastics, games, obstacle course, trampoline, tumble trak, pit play, craft, snack and more!



CODE	DATES	DAY	TIME	R/NR
220315-1	12/27	W	12:30-4:30p	\$55/69
220315-2	12/28	Th	12:30-4:30p	\$55/69
220315-3	12/29	F	12:30-4:30p	\$55/69
220315-4	12/27 - 12/29	W-F	12:30-4:30p	\$140/175



NEW! JUNIOR WARRIOR (4-10 Years)

Challenge yourself to be your best! Our weekly obstacle courses require strength, agility, endurance and determination. Each week our warriors will conquer different courses. Defy gravity by climbing the ropes, swinging on bars, scaling walls and jumping obstacles. All while having fun! Open to boys and girls.

AGE	CODE	DATES	DAY	TIME	R/NR
6-10 Years	220312-1	8/30 - 9/27	W	3:50-4:30p	\$90/113
4-6 Years	220312-A	10/4 - 11/1	W	3:50-4:30p	\$90/113



NEW! SKILL CLINICS (6+ Years)

In these one day classes, standing back handspring and standing back tuck will be refined for advanced students who can perform a back walkover independently. Learn a backbend, back walkover, and bar skills such as pullover and back and front hip circle.

Standing Back Handspring/Standing Back Tuck Clinic

Advanced level: must already perform a back walkover independently.

CODE	DATES	DAY	TIME	R/NR
220314-1	9/10	Su	1:00-2:30p	\$30/38
220314-4	12/10	Su	1:00-2:30p	\$30/38

Backbend and Back Walkover Clinic

CODE	DATE	DAY	TIME	R/NR
220314-2	10/8	Su	1:00-2:30p	\$30/38

Gymnastic Bar Skills Clinic

Bar Skills: pullover, back and front hip circle.

CODE	DATE	DAY	TIME	R/NR
220314-3	11/12	Su	1:00-2:30p	\$30/38

Rhythmic Gymnastics

All classes are held at the Sullivan Community Center

This is a unique Olympic sport for girls that combine dance and tumbling elements into routines choreographed to music. Rhythmic gymnastics enhances musical abilities of harmony and rhythm, improves body coordination and flexibility, it builds strength, agility and endurance. Participants use hand apparatuses such as ribbons, ropes, hoops and balls, which are in motion and synchronized with their body movements. Classes are coached by National coach Milena Sladkov and her staff, safety certified instructors and professional members of USA Gymnastics.

www.mngymnastics.com

No class 9/4 and 11/22.

TINY STARS (3-4 Years)

Classes incorporate creative dance with ribbons, play with hula hoops and balls, basic body movements, floor tumbling, running, rope jumping, balancing and stretching. These activities enhance hand/eye and body coordination. It gives the little ones a weekly chance to learn about social skills including listening, following directions, respecting others, sharing, taking turns, and play within the rules of active games.

CODE	DATES	DAY	TIME	FEE
220401-1	8/28 - 10/16	M	4:15-5:15p	\$105
220401-2	8/30 - 10/18	W	4:15-5:15p	\$119
220401-A	10/23 - 12/18	M	4:15-5:15p	\$119
220401-B	10/25 - 12/20	W	4:15-5:15p	\$105

The classes below are designed to work on skills while learning to incorporate these skills into routines accompanied to music. When girls have mastered both the skills and routines, they are offered the option of a training program.

STARS (4-5 Years)

CODE	DATES	DAY	TIME	FEE
220402-1	8/28 - 10/16	M	5:20-6:20p	\$105
220402-2	8/30 - 10/18	W	5:20-6:20p	\$119
220402-A	10/23 - 12/18	M	5:20-6:20p	\$119
220402-B	10/25 - 12/20	W	5:20-6:20p	\$105

RHYTHMIC GYM I (6-7 Years)

CODE	DATES	DAY	TIME	FEE
220403-1	8/28 - 10/16	M	6:25-7:25p	\$105
220403-2	8/30 - 10/18	W	6:25-7:25p	\$119
220403-A	10/23 - 12/18	M	6:25-7:25p	\$119
220403-B	10/25 - 12/20	W	6:25-7:25p	\$105

RHYTHMIC GYM II (8-13 Years)

CODE	DATES	DAY	TIME	FEE
220404-1	8/28 - 10/16	M	7:30-8:30p	\$105
220404-2	8/30 - 10/18	W	7:30-8:30p	\$119
220404-A	10/23 - 12/18	M	7:30-8:30p	\$119
220404-B	10/25 - 12/20	W	7:30-8:30p	\$105