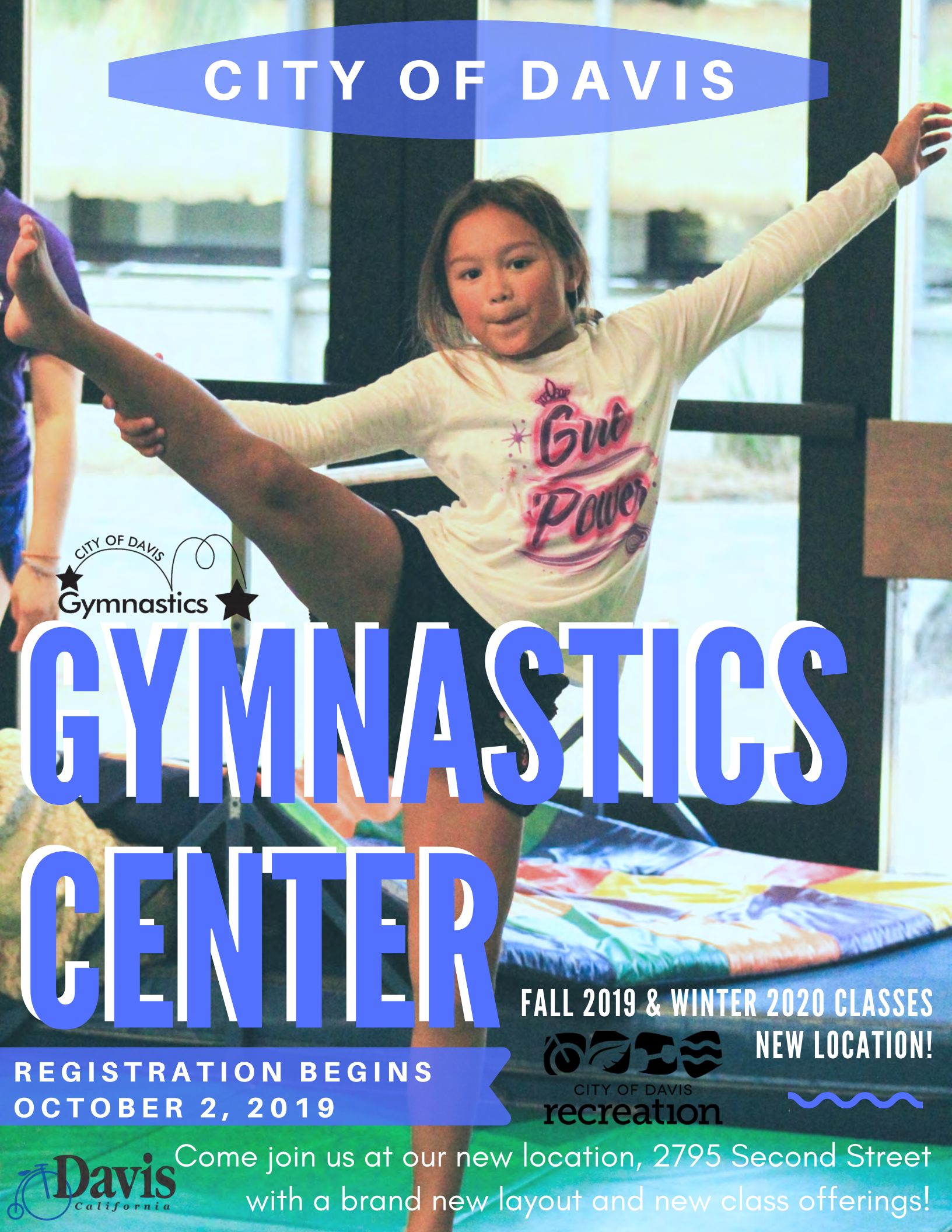


CITY OF DAVIS



CITY OF DAVIS
★ Gymnastics ★

GYMNASTICS CENTER

FALL 2019 & WINTER 2020 CLASSES
NEW LOCATION!



REGISTRATION BEGINS
OCTOBER 2, 2019

Come join us at our new location, 2795 Second Street
with a brand new layout and new class offerings!



TODDLER GYMNASTICS

SMALL & TALL

10 months to 3 years, Gymnastics Center

During this 40-minute class small humans and their tall humans will explore the gym. Participants will improve their fine and gross motor skills as they crawl, walk and run up and down mats, through tunnels and find equipment that interests them. A coach will be present for supervision. Adult participation is required.

810000 01	10/21-12/9	M	10:35-11:15 am	\$59
810000 02	1/13-3/16	M	10:35-11:15 am	\$68
810000 11	10/22-12/10	T	9:00-9:40 am	\$68
810000 12	1/14-3/17	T	9:00-9:40 am	\$96
810000 13	10/22-12/10	T	3:30-4:10 pm	\$68
810000 14	1/14-3/17	T	3:30-4:10 pm	\$96
810000 21	10/23-12/11	W	10:35-11:15 am	\$68
810000 22	1/15-3/18	W	10:35-11:15 am	\$96
810000 31	10/24-12/12	Th	9:00-9:40 am	\$68
810000 32	1/16-3/19	Th	9:00-9:40 am	\$96
810000 33	10/24-12/12	Th	3:30-4:10 pm	\$68
810000 34	1/16-3/19	Th	3:30-4:10 pm	\$96
810000 41	10/25-12/13	F	9:00-9:40 am	\$68
810000 42	1/17-3/20	F	9:00-9:40 am	\$96
810000 51	10/26-12/14	Sa	9:00-9:40 am	\$59
810000 52	1/25-3/21	Sa	9:00-9:40 am	\$68



CLOSURES

The Gymnastics Center is closed on the following days:

November 9, 11, 25, 26, 27, 28, 29, 30

January 20

February 8, 10, 15, 17

MINI MOVERS

1 to 2.5 years, Gymnastics Center

This 45-minute class is great for walking toddlers (and their parent!) who want to learn a bit more about gymnastics.

Participants will learn the very beginning of gymnastics basics through incorporating colors, numbers and games while enhancing their fine and gross motor skills. Adult participation is required.

8810100 01	10/21-12/9	M	9:00-9:45 am	\$66
810100 02	1/13-3/16	M	9:00-9:45 am	\$77
810100 11	10/22-12/10	T	9:45-10:30 am	\$77
810100 12	1/14-3/17	T	9:45-10:30 am	\$108
810100 21	10/23-12/11	W	9:00-9:45 am	\$77
810100 22	1/15-3/18	W	9:00-9:45 am	\$108
810100 31	10/24-12/12	Th	9:45-10:30 am	\$77
810100 32	1/16-3/19	Th	9:45-10:30 am	\$108
810100 41	10/25-12/13	F	9:45-10:30 am	\$77
810100 42	1/17-3/20	F	9:45-10:30 am	\$108
810100 51	10/26-12/14	Sa	9:45-10:30 am	\$66
810100 52	1/25-3/21	Sa	9:45-10:30 am	\$77

WIGGLE WORMS

2 to 3.5 years, Gymnastics Center

This 45-minute class is great for toddlers who are starting to get the hang of a structured class and are working towards participating in a class without their parent. Participants will continue to learn basic gymnastics skills while incorporating games and activities that will improve their fine and gross motor skills and core strength. Adult participation is required.



PRESCHOOL GYMNASTICS

TWISTING TOTS

3 to 5 years, Gymnastics Center

This 45-minute class is great for preschoolers who are ready to be in a class without their parent. Participants will have fun working on progressive gymnastics skills while increasing their strength, balance and coordination through games, activities and various gymnastics equipment.



810110 01	10/21-12/9	M	9:45-10:30 am	\$66
810110 02	1/13-3/16	M	9:45-10:30 am	\$77
810110 11	10/22-12/10	T	10:30-11:15 am	\$77
810110 12	1/14-3/17	T	10:30-11:15 am	\$108
810110 21	10/23-12/11	W	9:45-10:30 am	\$77
810110 22	1/15-3/18	W	9:45-10:30 am	\$108
810110 23	10/23-12/11	W	3:30-4:15 pm	\$77
810110 24	1/15-3/18	W	3:30-4:15 pm	\$108
810110 31	10/24-12/12	Th	10:30-11:15 am	\$77
810110 32	1/16-3/19	Th	10:30-11:15 am	\$108
810110 41	10/25-12/13	F	10:30-11:15 am	\$77
810110 42	1/17-3/20	F	10:30-11:15 am	\$108
810110 51	10/26-12/14	Sa	10:30-11:15 am	\$66
810110 52	1/25-3/21	Sa	10:30-11:15 am	\$77

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January 20

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810200 01	10/21-12/9	M	9:00-9:45 am	\$66
810200 02	1/13-3/16	M	9:00-9:45 am	\$77
810200 03	10/21-12/9	M	10:00-10:45 am	\$66
810200 04	1/13-3/16	M	10:00-10:45 am	\$77
810200 11	10/22-12/10	T	9:00-9:45 am	\$77
810200 12	1/14-3/17	T	9:00-9:45 am	\$108
810200 21	10/23-12/11	W	9:00-9:45 am	\$77
810200 22	1/15-3/18	W	9:00-9:45 am	\$108
810200 23	10/23-12/11	W	10:00-10:45 am	\$77
810200 24	1/15-3/18	W	10:00-10:45 am	\$108
810200 31	10/24-12/12	Th	9:00-9:45 am	\$77
810200 32	1/16-3/19	Th	9:00-9:45 am	\$108
810200 33	10/24-12/12	Th	5:00-5:45 pm	\$77
810200 34	1/16-3/19	Th	5:00-5:45 pm	\$108
810200 41	10/25-12/13	F	9:00-9:45 am	\$77
810200 42	1/17-3/20	F	9:00-9:45 am	\$108
810200 51	10/26-12/14	Sa	9:00-9:45 am	\$66
810200 52	1/25-3/21	Sa	9:00-9:45 am	\$77
810200 53	10/26-12/14	Sa	11:00-11:45 am	\$66
810200 54	1/25-3/21	Sa	11:00-11:45 am	\$77

KINDER KIDDOS

3.5 to 5 years, *Gymnastics Center*

This 45-minute class is great for preschool and kindergarten students who have experience following direction from an instructor. Participants will continue to improve their gymnastics skills along with strength, balance and coordination through games, activities and various gymnastics equipment.

810210 01	10/21-12/9	M	4:00-4:45 pm	\$66
810210 02	1/13-3/16	M	4:00-4:45 pm	\$77
810210 11	10/22-12/10	T	10:00-10:45 am	\$77
810210 12	1/14-3/17	T	10:00-10:45 am	\$108
810210 21	10/23-12/11	W	5:00-5:45 pm	\$77
810210 22	1/15-3/18	W	5:00-5:45 pm	\$108
810210 31	10/24-12/12	Th	10:00-10:45 am	\$77
810210 32	1/16-3/19	Th	10:00-10:45 am	\$108
810210 41	10/25-12/13	F	10:00-10:45 am	\$77
810210 42	1/17-3/20	F	10:00-10:45 am	\$108
810210 51	10/26-12/14	Sa	10:00-10:45 am	\$66
810210 52	1/25-3/21	Sa	10:00-10:45 am	\$77



YOUTH & TEEN GYMNASTICS

GIRLS BEGINNING GYMNASTICS

6 to 12 years, *Gymnastics Center*

This 60-minute class is great for young girls interested in gymnastics. Participants will follow USA Gymnastics Level 1 guidelines while improving their strength, flexibility and coordination. Participants should expect to spend multiple sessions in this class before receiving consent for Intermediate Gymnastics. Some skills include a correct cartwheel, vault tuck on, pull over on bars and high beam jump dismount.

810500 01	10/21-12/9	M	4:15-5:15 pm	\$93
810500 02	1/13-3/16	M	4:15-5:15 pm	\$93
810500 03	10/21-12/9	M	5:30-6:30 pm	\$93
810500 04	1/13-3/16	M	5:30-6:30 pm	\$93
810500 11	10/22-12/10	T	5:30-6:30 pm	\$93
810500 12	1/14-3/17	T	5:30-6:30 pm	\$131
810500 21	10/23-12/11	W	4:15-5:15 pm	\$93
810500 22	1/15-3/18	W	4:15-5:15 pm	\$131
810500 31	10/24-12/12	Th	4:15-5:15 pm	\$93
810500 32	1/16-3/19	Th	4:15-5:15 pm	\$131

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GIRLS INTERMEDIATE GYMNASTICS

6 to 12 years, *Gymnastics Center*

This 60-minute class is designed to build upon skills gained in Girls Beginning Gymnastics. The skills taught in this class will follow USA Gymnastics Guidelines for level 2 and more advanced skills from level 1. Some skills include handstand forward roll, power hurdle round off, glide swings on bars, bridge kick over and small splits with square hips. Participants in this class must receive consent before enrolling.

810600 11	10/22-12/10	T	4:15-5:15 pm	\$93
810600 12	1/14-3/17	T	4:15-5:15 pm	\$131
810600 31	10/24-12/12	Th	5:30-6:30 pm	\$93
810600 32	1/16-3/19	Th	5:30-6:30 pm	\$131



BOYS GYMNASTICS

6 to 12 years, *Gymnastics Center*

This 60-minute class is great for young boys who are looking to improve their all around strength and flexibility through the sport of gymnastics.

Participants will focus on learning gymnastics skills on floor, vault, high bar and rings. Some skills include backward roll to stand, handstand forward roll, 10 push ups and ring support.

810800 01	10/21-12/9	M	4:15-5:15 pm	\$80
810800 02	1/13-3/16	M	4:15-5:15 pm	\$93
810800 21	10/23-12/11	W	4:15-5:15 pm	\$93
810800 22	1/15-3/18	W	4:15-5:15 pm	\$131
810800 31	10/24-12/12	Th	4:15-5:15 pm	\$93
810800 32	1/16-3/19	Th	4:15-5:15 pm	\$131

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TEEN TUMBLING, STRENGTH & CONDITIONING

12 to 17 years, *Gymnastics Center*

This 60-minute class is great for teens who are interested in improving their tumbling, strength and/or conditioning while being in a fun and upbeat environment. Teens will work on floor skills along with various strength and flexibility activities to meet the needs of each participant.

Participants with beginning to advanced skills are welcome. Please bring a water bottle and come ready for a great workout.

811000 11	10/22-12/10	T	6:00-7:00 pm	\$93
811000 12	1/14-3/17	T	6:00-7:00 pm	\$131
811000 21	10/23-12/18	W	5:45-6:45 pm	\$93
811000 22	1/15-3/18	W	5:45-6:45 pm	\$131



SPECIAL EVENTS

OPEN GYM

10 months to 17 years, Gymnastics Center

Open Gym is an opportunity for Gymnastics participants to make up a missed class. Open Gym is also open to all children ages 10 months to 17 years who want to try out gymnastics for the first time or just come have fun! Children under the age of 4 must be accompanied by an adult on the gym floor. Gymnastics staff will be available for supervision and fun!

Friday, December 13, 2019 5:30-6:30pm \$6 at the door* **Friday, March 20, 2020 5:30-6:30pm \$6 at the door***

*Event is free if a current participant is making up a missed class

DROP-IN GYM PLAYTIME

10 months to 17 years, Gymnastics Center

This will give your children the opportunity to have indoor gym time. Whether they want to work on gymnastics skills or jump on the trampoline, it is a great opportunity to have fun! Children under the age of 4 must be accompanied by an adult on the gym floor. Please note this does not serve as a make-up class.

Wednesday, December 18, 2019 10-11am \$6 at the door

GYMABILITIES

6 to 12 years, Gymnastics Center

This playtime is designed to help children with disABILITIES develop gross motor skills, strength, balance, falling safely, jumping and landing using basic gymnastics skills and equipment. This playtime is designed to stimulate both cognitive and motor development and is scheduled at a time when the gym is calm to help our students with focus and sensory input. This playtime requires active parent or caregiver participation, which will assist our gymnastics staff in teaching your child how to follow gymnastics instruction. Our goal is to help children with disABILITIES learn how to work in and with a group using a gymnastics class as a medium. Registration will be accepted at the door, however, we kindly ask all participants to register in advance.

812110-01 Tuesday, November 19, 2019 7-8pm \$10* **812110-02 Thursday, January 16, 2020 6:30-7:30pm \$10***

812110-03 Wednesday, March 4, 2020 6:45-7:45pm \$10*

*Registration is accepted at the door. If possible, please register in advance.

PARENTS' NIGHT OUT

6 to 11 years, Gymnastics Center

Parents' Night Out? Or Kids' Night In? We'll let the kids decide. Spend Valentine's Day evening with our fun and enthusiastic gymnastics staff! Participants will enjoy a fun pizza dinner, popcorn and some candy treats throughout the night as they watch a current favorite PG movie, play on the gymnastics equipment, make crafts and enjoy games! Registration is limited, so make sure to register early!

812100-01 Friday, February 14, 2020 6:30-9:30pm \$25*

*Registration will be \$30 at the door and the day of

CITY OF DAVIS
GYMNASTICS

Party Package!

Parties at the Gymnastics Center are a great opportunity to celebrate birthdays, parent groups, and sports teams! Party guests will enjoy games, a giant obstacle course, tumble track, activities and much more!

THE PARTY PACKAGE INCLUDES:

- 2 hour private facility rental
- Obstacle course and games
- Tables and chairs for party guests
- Facilitation by staff members

PRICES:

\$195 for up to 19 children

\$225 for 20-30 children

\$40 Snack package available

Includes a light snack and juice box for every child along with paper products - Must be added on at time of reservation.

SATURDAY

1:15 - 3:15pm

3:45 - 5:45pm

SUNDAY

10:00am - 12:00pm

12:45 - 2:45pm

3:15 - 5:15pm

CONTACT

(530) 757-5626

2795 Second St.

Davis, 95618

