

**Beresford PRCE
Summer Youth Gymnastics/Tumbling Program**

Participants in Youth Gymnastics/Tumbling must choose one of the days and time slots listed below. We ask that you place your child in the appropriately designated AGE level. Each participant will take part in 1 session per week for a total of 4 sessions over the month of June.

Tuesday Mornings

Beginners (5-6 yr. old) Ratio 1:8 max 9:00am - 9:50am

We will be introducing basic level gymnastics/tumbling skills along with flexibility, strength and motor skills.

Adv. Beginners (7-8 yr. old) Ratio 1:8 max 10:00am - 10:50am

Gymnasts will need to have basic skill level and knowledge of tumbling skills. Previous experience is preferred but not required. Example: Gymnast must be able to perform a forward roll, backward roll, handstand and cartwheels.

Intermediate (9+ yr. old) Ratio 1:10 max 11:00am - 12:00pm

This class is for the more experienced Gymnast. The progression in this class will focus on improving on previous beginner skills and introducing intermediate level skills. Example: Gymnasts should be able to bridge up and start to kick over. Progression is front/back limbers to walkover.

Thursday Mornings

Beginners (5-6 yr. old) Ratio 1:8 max 9:00am - 9:50am

We will be introducing basic level gymnastics/tumbling skills along with flexibility, strength and motor skills.

Adv. Beginners (7-8 yr. old) Ratio 1:8 max 10:00am - 10:50am

Gymnasts will need to have basic skill level and knowledge of tumbling skills. Previous experience is preferred but not required. Example: Gymnast must be able to perform a forward roll, backward roll, handstand and cartwheels.

Intermediate (9+ yr. old) Ratio 1:10 max 11:00am - 12:00pm

This class is for the more experienced Gymnast. The progression in this class will focus on improving on previous beginner skills and introducing intermediate level skills. Example: Gymnasts should be able to bridge up and start to kick over. Progression is front/back limbers to walkover.

Friday Evenings

Beginners (5-6 yr. old) Ratio 1:8 max 5:30pm - 6:20pm

We will be introducing basic level gymnastics/tumbling skills along with flexibility, strength and motor skills.

Adv. Beginners (7-8 yr. old) Ratio 1:8 max 6:30pm - 7:20pm

Gymnasts will need to have basic skill level and knowledge of tumbling skills. Previous experience is preferred but not required. Example: Skill level, forward roll, backward roll, handstand and cartwheels.

Intermediate (9+ yr. old) Ratio 1:10 max 7:30pm - 8:30pm

This class is for the more experienced Gymnast. The progression in this class will focus on improving on previous beginner skills and introducing intermediate level skills. Example: Skill level, bridge up and start to kick over. Progression is front/back limbers to walkover.

Instructors: Anne Olson (Current Coordinator/Head Coach Sioux Falls Family YMCA Gymnastics Program)
Assistants: TBA

When: June 5th - June 29th, 2018

Where: Wrestling Room at the High School

Cost: \$ 60 _____ Registration Deadline: May 22nd, 2018 Payable: "PRCE", 305 W. Oak, Beresford, or drop at the school office. For more info call Com-Ed at 763-2094 or email scott.klungseth@k12.sd.us

Childs Name _____ Age _____ Phone# _____

Parent(s) Name: _____

Email: _____

Please Circle Your Preferred Class Choice (Circle Only One):

1. Tuesday Morning Beginners 9:00 – 9:50 a.m.
2. Tuesday Morning Advanced Beginners 10:00-10:50 a.m.
3. Tuesday Intermediate 11:00-12:00 a.m.
4. Thursday Morning Beginners 9:00 – 9:50 a.m.
5. Thursday Morning Advanced Beginners 10:00-10:50 a.m.
6. Thursday Intermediate 11:00-12:00 p.m.
7. Friday Evening Beginners 5:30-6:20 p.m.
8. Friday Evening Advance Beginners 6:30-7:20 p.m.
9. Friday Evening Intermediate 7:30 – 8:30 p.m.

Emergency

Contact: _____ Phone# _____

Beresford Community Education, in making this recreational gymnastics/tumbling activity available for the participation of your child, assumes no responsibility for injury. The responsibility for injury is assumed entirely by the participant and/or the parent or guardian. Participants in recreational activities are not covered by any special insurance coverage. Therefore, participants must have adequate insurance coverage. I ACCEPT THE RESPONSIBILITY AS STATED ABOVE.

NAME: _____ SIGNATURE _____ DATE _____