

District 833 Community Education Gymnastics Program

We offer classes for girls and boys ages 18 months -18 years old. It is our goal to teach in a positive, fun and safe environment. Through gymnastics, we strive to develop self-esteem and physical fitness. Our program is suited for recreational, developmental and competitive gymnasts. We offer classes at East Ridge, Park and Woodbury High School. Please visit our website at www.cecool.com to find specific class times and locations.

Registration Information

Gymnastics registration is due one week before the session begins.

Deadline dates are posted online. This will allow for staff to review rosters and employ adequate number of instructors so we can provide a safe coach/student ratio.

As a reminder, please be sure to check online and review your course confirmation for any no class/closed dates.

Financial Assistance

Children on free or reduced lunch may apply for a reduction on class registration. Pay as little as \$15 per class. Forms can be found online at www.cecool.com or at the Community Education office.

Application and authorization letter are required each year.

If you are requesting Financial Assistance please submit your forms along with your registration **TWO weeks** minimum before the session starts. Mail, fax or complete in person at the District Program Center. Applications are not accepted online.

Refund/Cancellation Information

Gymnastics Refund Policy

If you cancel a class registration BEFORE the registration deadline, a per course processing fee will be deducted from your refund. Class cost \$5-\$124 = \$5 processing fee. Class cost of \$125 and up = \$10 processing fee. No cost transfers to another class in the same session prior to class start and during class session with instructor approval. No refunds will be given after one week prior to registration deadline date.

Missing a Class

There are no make up classes if you miss a class. If we must cancel classes due to weather or other unforeseen reasons, you will be refunded for that one class. Exceptions may include private lessons and competitive team practices.

Gymnastics Locations

Park High School Gymnastics Center-8040 80th Street South , Cottage Grove, MN

- Enter through Door 12 near the stadium.

Woodbury High School Gymnastics Center - 2665 Woodlane Drive , Woodbury, MN

- Enter through the South Entrance in the rear of the school. Go down the stairs to the gymnastics room.

East Ridge High School Gymnastics Center - 4200 Pioneer Dr, Woodbury, MN

- Enter through the Activities Entrance. Take a right at the first hall and the gymnastics room is at the far end.

Class Descriptions – location availability may vary, please check online

Exceptional Gymnastics

The program is designed to provide the opportunity for children with special needs to participate in gymnastics. The program combines sensory stimulation, gross motor activities, and gymnastics to facilitate learning and growth in all aspects of human functioning. Furthermore, it offers students the opportunity to be integrated in a safe and fun environment.

Gymnasts will work on:

Swinging

Rolling

Jumping

Our goal is to address physical, social, cognitive and emotional factors.

Gymnastics for Dancers

This class is specifically designed to improve progressions on the spring floor, using the Tumble Trak, a trampoline. Strength and flexibility activities are also included in this class, and the class may be taken in addition to your regular class or separate. It is our goal that each individual have the opportunity to work skills specific to their gymnastics and dance level.

Open Gym

These events are for girls and boys ages five and older. Students will have fun and spend extra time working on the skills of their choice in a safe environment with coach guidance and supervision.

Private Lesson- 30 minute and 1 hour one-on-one private gymnastics instruction.

Want extra practice to achieve your skills? Private lessons are a great way to help your child gain skills at a faster pace. With individual attention, the coach can focus on your child's specific needs and the progressions necessary for improvement. Semi Private upon special request.

High School Workouts

This class can help gymnasts prepare for their High School tryouts and a great season. We offer practices to help individuals stay in shape and maintain skills during the off season. Our High School Gymnastics classes are taught by the team coaches, so you'll be getting the best instruction around!

Parent/Child Class

PARENT-CHILD GIRLS AND BOYS: 18 months- 3 years old From infant to toddler, our Parent and Child classes promote early development and provide a strong foundation for your child's critical first three years. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth. And since you're along for the ride, you'll be right there to celebrate every discovery with smiles, hugs and the occasional adult-sized giggle.

Preschool

PRESCHOOL- GIRLS AND BOYS: 3- 5 years old

Teaches basic movements and tumbling skills. Help to improve body awareness, motor skills, coordination, balance, independent thinking, and listening skills. We use modified equipment with a fun creative approach to learning.

LEVEL 1

Emphasis is on tumbling skills with exposure to the balance beam, uneven bars, vault and dance. This class is suited for girls or boys who have never taken gymnastics before.

SKILLS:

VAULT: Running, Board work, Shapes, Sticks

BARS: Pullover, Casts, Chin hold, Forward roll

BEAM: Walks, Kicks, Jumps, Sticks

FLOOR: Cartwheel, Handstand to Lunge, Bridge, Backward roll

LEVEL 2

Gymnasts should have mastered skills from Beginner. Gymnasts will learn to perfect their basic skills as well as learn more advanced skills on all events.

SKILLS:

VAULT: Running, Board work, Pop-ups, Handstand flatbacks

BARS: Back hip-circle, Glide swing, Front hip-circle, underswing

BEAM: Handstands, Turns, Leaps, Dismounts

FLOOR: Round-off, Handstand forward-roll, Back walkover, Back extension

LEVEL 3

For gymnasts who have mastered skills from the intermediate level. There is an emphasis on strength, flexibility and form.

SKILLS:

VAULT: Handstand Flat-backs, Sticking

BARS: Kips, Tap swings, Stride, Dismounts

BEAM: Cartweels, Jump Combination, Leap Pass

FLOOR: Back handspring, Front walkover, Front handsprings, Dive roll

LEVEL 4

For gymnasts who have mastered skills from the Advanced level. This level prepares the gymnasts for high school competition.

SKILLS:

VAULT: Front handsprings, Half-on

BARS: Fly aways, Long hang pullover, Squat-ons Routine

BEAM: Back walkovers, Routines

FLOOR: Round-off back handsprings, Front Tucks, Back Tucks, Ariel

Gymnasts that reach Level 4 will work more tailored skills to their talents. Putting together skills appropriate for routines.

BOYS

For male gymnasts with an emphasis on strength, tumbling skills with exposure to the men's equipment and skills

SKILLS: (basics)

VAULT: Pop-ons

BARS: Pull-overs, casts

RINGS: Support hold, candle hold

FLOOR: Cartwheels, Handstands

PARRALELL BARS: Horizontal swings, L-hold

Tiny Hots Shots 1 & 2– Ages 4 – 7 – Invite only.

1.5 hours per time. Kids can sign up for more than once a week. These are for advanced kids and a feeder into our pre-competitive program. Woodbury High School ONLY

Royal Hot Shots I – Ages 5 on up

Pre-Competitive Classes 1 time per week - PRE CLASS FOR MAGA COMPETITIVE TEAM

This is a fast paced, multiple repetition, strength, flexibility and conditioning program. We will work on single skills as well as skills in combination. This class runs one day a week. This is a pre-competitive class. This class we will have kids come from upper level classes to train for competitive gymnastics team. *This must be preapproved to be in this class or recommended by teacher. Certain skills are required for this class. Woodbury High School ONLY

Royal Hot Shots II- Ages 5 on up.

Pre-Competitive Classes 2 to 3 times a week--PRE-CLASS FOR MAGA COMPETITIVE TEAM

This is a fast paced, multiple repetition, strength, flexibility and conditioning program. We will work on single skills as well as skills in combination. This class runs two days a week. This is a pre-competitive class and must be approved to be in this class or recommended by teacher, Certain skills are required for this class. Woodbury High School ONLY

Competitive Program

M.A.G.A. TEAM

M.A.G.A. program is open to all interested students who have achieved the required skills. The intention of the program is to help prepare the gymnast for their High School gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability.

COACHES NOTE

Our program as a whole focuses on safety! Your child's safety is our number one concern. We base placement of our progressive gymnastics classes upon skill ability, maturity, and capability. It is not based off of age. Individuals may spend up to a year in each level based on their individual progression. Again we are teaching for SAFETY!