

Flipping for fun!

Gymnastics

Instructor **BRANDI CARSTENSEN**, a competitive gymnast for seven years, brings nine additional years as an instructor to the mat.

PRIVATE LESSONS

\$20 per 1/2 hr

11:30am-12:15pm	K-Gym		
	Sept	T & Th	\$48
	Oct	T & Th	\$48
	Nov	T & Th	\$48
	Dec	T & Th	\$36
	Jan	T & Th	\$48
	Feb	T & Th	\$48

4-5pm	Beginner		
5-6pm	Intermediate		
6-7pm	Advanced		
	Sept	T & Th	\$62
	Oct	T & Th	\$62
	Nov	T & Th	\$62
	Dec	T & Th	\$48
	Jan	T & Th	\$62
	Feb	T & Th	\$62

4-5pm	Beginner		
	Sept	W	\$31
	Oct	W	\$31
	Nov	W	\$31
	Dec	W	\$24
	Jan	W	\$31
	Feb	W	\$39

5-6:30pm	Intermediate		
	Sept	W	\$46
	Oct	W	\$46
	Nov	W	\$46
	Dec	W	\$35
	Jan	W	\$46
	Feb	W	\$57



PRIVATE LESSONS

\$20 per 1/2 hr

age 6 & up

skills assessment available

for ages 5 & under

Recreation Center #3

no class 4/19-21, 5/31,6/9, 8/23-9/5

wear loose fitting clothes

KGYM - KINDERGYM Ages 3+ an introduction to basic tumbling skills that include activities to develop listening, social & perceptual motor skills, as well as eye/hand coordination & body awareness through movement. Students must be potty trained

BEGINNERS learn to do basic gymnastic movements on the floor. Flexibility is increased & basic tumbling is taught. Bars, beams and vault are introduced.

ADVANCED BEGINNERS receive further instruction to refine skills. Gymnast must be able to perform a backward roll, cartwheel, handstand, round off, bridge, basic bars, beam & vault skills. Instructor approval is required.

INTERMEDIATE & ADVANCED classes are designed for the gymnast with intermediate skills on beam, bars, floor & vault. Gymnast should be able to do a back walkover. Skills are polished & difficulty increased.



Boulder City Parks and Recreation Department
900 Arizona Street 293-9256

Sign up now!