


# GYMNASTICS

To register for programs, access the latest schedules or find up-to-date information, visit **mbjcc.org**

<b>MONDAY</b> 12 Week Session	<b>TUESDAY</b> 12 Week Session	<b>WEDNESDAY</b> 10 Week Session	<b>THURSDAY</b> 12 Week Session
<b>9:15 - 10 AM</b> <b>Lil' Tumblers</b> 13 - 24 Month \$350   Members: \$255 <i>Follows the Parent Place Schedule</i>	<b>3:15 - 4 PM</b> <b>Tots</b> 3 - 4 Years \$350   Members: \$255	<b>9:15 - 10 AM</b> <b>Lil' Tumblers</b> 2 - 3 Years \$290   Members: \$210 <i>Follows the Parent Place Schedule</i>	<b>3:15 - 4 PM</b> <b>Tots</b> 3 - 4 Years \$350   Members: \$255
<b>10:15 - 11 AM</b> <b>Tots</b> 3 - 4 Years \$350   Members: \$255	<b>4 - 4:55 PM</b> <b>Beginner</b> 6+ Years \$350   Members: \$255	<b>10:15 - 11 AM</b> <b>Tots</b> 3 - 4 Years \$290   Members: \$210	<b>4 - 4:55 PM</b> <b>Beginner</b> 6+ Years \$350   Members: \$255
<b>4 - 4:45 PM</b> <b>Beginner</b> 4 - 5 Years \$350   Members: \$255	<b>5 - 6:30 PM</b> <b>Pre-Team</b> Invite Only	<b>3:45 - 4:30 PM</b> <b>Beginner</b> 4 - 5 Years \$290   Members: \$210	<b>5 - 6:30 PM</b> <b>Pre-Team</b> Invite Only
<b>4:30 - 6 PM</b> <b>Intermediate</b> 6+ Years \$410   Members: \$315	<b>7 - 8:30 PM</b> <b>Tumbling</b> Intermediate/ Advanced \$410   Members: \$315	<b>4:30 - 6 PM</b> <b>Intermediate</b> 6+ Years \$340   Members: \$260	
		<b>4:30 - 6 PM</b> <b>Advanced</b> 8+ Years \$340   Members: \$260	

\*Payment plans available please inquire.

## MBJCC GYMNASTICS TEAM

The MBJCC Gymnastics Team consists of Pre-Team and 8 competitive levels. Pre-Team is designed for those gymnasts that have the desire and motivation to work hard and show a potential for competitive gymnastics. Levels 1 - 8 follow the USA Gymnastics Development Program Guidelines.

All children must try out to be part of the team. Children will be placed accordingly based on the Coaches' discretion after tryouts. The competitive season runs September through May and therefore requires a full year commitment.



### PRACTICES

Practice days and times to be determined after tryouts.  
 Pre-Team & Level 1 • Twice/week  
 Level 2 • Three times/week  
 Level 3+ • Four times/week

## TRANSPORTATION FROM SCHOOL



If your child is enrolled in transportation, once they arrive at the MBJCC they must be enrolled in an activity, Drop-in Homework Club or they must be picked up as soon as they arrive.

### SESSION FEES:

M: \$120 | Tu: \$120 | W: \$100 | Th: \$120 | F: \$130

- Advanced registration required.
- Minimum registration required to provide transportation route.
- Limited spots available.

### North Beach & Ruth K Broad:

M, Tu, Th & F • 2 PM & 3:05 PM | W • 2 PM

### Casa Dei Bambini & St. John Montessori:

M - F • 2:45 PM

### Lehrman:

M - Th • 3:30 PM | F • 2:40 PM

\*For additional schools, please inquire

Please visit [www.mbjcc.org/transportation](http://www.mbjcc.org/transportation) for a full list of Transportation COVID-19 Protocols and Procedures

## DROP-IN HOMEWORK CLUB

### FOR 3 PM, 4 PM & 5 PM CLASSES

Students can drop in to Homework Club for a one hour time block either before or after their scheduled classes.

### SESSION FEES:

M: \$145 | Tu: \$145 | W: \$120 | Th: \$145 | F: \$155



### Stacey Hatch

Gymnastics Administrative  
 Director  
[stacey@mbjcc.org](mailto:stacey@mbjcc.org) | x222

### HOLIDAY CLOSINGS

Sunday, September 5 • Labor Day Weekend  
 Monday, September 6 • Labor Day/Erev Rosh Hashanah  
 Tuesday, September 7 • Rosh Hashanah  
 Wednesday, September 8 • Rosh Hashanah  
 Wednesday, September 15 • Erev Yom Kippur  
 Thursday, September 16 • Yom Kippur  
 Monday, September 20 • Erev Sukkot  
 Tuesday, September 21 • Sukkot  
 Wednesday, September 22 • Sukkot

Monday, September 27 • Erev Shemini Atzeret  
 Tuesday, September 28 • Shemini Atzeret  
 Wednesday, September 29 • Simchat Torah  
 Friday, October 29 • Teacher Work Day  
 Thursday, November 11 • Veteran's Day  
 Wednesday, November 24 - Sunday, November 28 • Thanksgiving Holiday  
 Friday, December 10 • Last Day of Fall Session  
 Monday, December 20 - Friday, December 30 • Winter Camp

Every child progresses at different rates and times; for that very reason, there is never any pressure to attain certain skills, advance to another level or try and keep pace with any other participants in their class. We embrace individuality and celebrate success at all levels!

### LIL' TUMBLERS

PREREQUISITE: MUST BE WALKING\*

This gymnastics class offers an age-appropriate introduction to gymnastics using creative expression and movement through the use of playful games and all of the gymnastics equipment with lots of parental hands-on assistance. Parental involvement provides toddlers with a comfortable environment in preparation for the transition to independent gymnastics classes. Children will bounce, swing, and roll their way through this class.

### TOT GYMNASTICS

Children are introduced to each gymnastics apparatus and taught introductory gymnastics skills and body positions that help develop coordination, balance, strength, and body awareness. Children will also learn valuable social skills, such as working with a group, waiting your turn, listening to directions, and following directions.

### BEGINNER GYMNASTICS

For those with limited or no gymnastics experience. At this level, gymnasts are taught the basic floor skills such as forward rolls, cartwheels, and handstands while building self-esteem and self-confidence. Children will continue to be introduced to all Olympic events, including vault, uneven bars, and balance beam with a focus on flexibility, coordination, and strength. As the children progress, they will begin to learn simple gymnastics routines and focus more on correct form.

### INTERMEDIATE GYMNASTICS

Gymnasts at this level must have met the requirements in the beginner level with good form and technique as this class is designed to continue to build upon that foundation. While the basics are always reviewed and applied, it is now time to challenge what they've learned, refine their skills and develop more advanced techniques of execution on each gymnastics apparatus. In an ever evolving sport, they will be exposed to more practice time and even some conditioning.

### ADVANCED GYMNASTICS

Gymnasts at this level must have met the requirements for the Intermediate level. Now that their skills have developed, strength has increased, focus has lengthened and awareness has peaked, gymnasts will approach some of the most complex and intricate skills in recreational gymnastics! It's not just about skills... conditioning and flexibility play a huge role as the difficulty level has been amplified exponentially!

### TUMBLING (INVITE ONLY)

This is an intermediate/advanced class and designed for those who have mastered handstands and back walkovers. Gymnasts will work towards performing back and front handsprings and starting drills for advanced tumbling skills.

### PRE-TEAM (INVITE ONLY)

The Pre-Team Program was created for those children who demonstrate natural flexibility and strength and have a strong desire to perform gymnastics. The primary objective of the Pre-Team program is to provide your child with the necessary foundation to perform competitive gymnastics. The main focus will be on developing strength, flexibility, and reinforcing the proper body positions to perform complex gymnastics skills. All Pre-Team members will be evaluated two times a year for the option to move to the Level 1 Team if they desire.

