



REGISTER

GYMNASTICS

August 28 - December 15

Member Priority Registration : Wednesday, August 9 | Community Registration: Wednesday, August 16

MONDAY

13 Week Session

4 - 4:45 PM	Beginner	4 - 5 Years	\$455 M: \$325
4:30 - 6 PM	Intermediate	6+ Years	\$510 M: \$365

TUESDAY

15 Week Session

3:15 - 4 PM	Tots	3 - 4 Years	\$525 M: \$375
4 - 4:55 PM	Beginner	6+ Years	\$525 M: \$375
5 - 6:30 PM	Pre-Team	Invite Only	

WEDNESDAY

15 Week Session

3:45 - 4:30 PM	Beginner	4- 5 Years	\$525 M: \$375
4:30 - 6 PM	Intermediate	6+ Years	\$570 M: \$420
4:30 - 6 PM	Advanced	8+ Years	\$570 M: \$420

THURSDAY

15 Week Session

3:15 - 4 PM	Tots	3 - 4 Years	\$525 M: \$375
4 - 4:55 PM	Beginner	6+ Years	\$525 M: \$375
5 - 6:30 PM	Pre-Team	Invite Only	\$570 M: \$420

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



DROP-IN HOMEWORK CLUB

For 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.

Mondays:	\$220 M: \$185
Tuesdays:	\$255 M: \$210
Wednesdays:	\$255 M: \$210
Thursdays:	\$255 M: \$210
Fridays:	\$255 M: \$210



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 must be picked up as soon as they arrive. Children are not allowed to be alone at the MBJCC.

Mondays:	\$220 M: \$185
Tuesdays:	\$255 M: \$210
Wednesdays:	\$255 M: \$210
Thursdays:	\$255 M: \$210
Fridays:	\$255 M: \$210

North Beach, Ruth K Broad & TBS

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

Casa Dei Bambini & St. John

M - F : 2:45 PM

Lehrman

M - Th: 3:30 PM /F: 2:40 PM

*Inquire for additional schools

REGISTRATION:

Availability limited. Requires its own registration at mbjcc.org/transportation.



HOLIDAYS NO YOUTH PROGRAMS

SEPT 4 - Labor Day
SEPT 25 - Yom Kippur
NOV 20-24: Thanksgiving Break

SCHOOL DAY OUT DAYS

OCT 27 - Teacher Work Day
NOV 10 - Veterans Day

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!

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!

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.

