

I belong here. I belong here. I belong here. #mbjcc I belong here. I belong here. I belong here. I belong here.



GYMNASTICS

As of 12/6

WINTER 2023

Tuesday, January 17 - Wednesday, May 24

Member Priority Registration: Wednesday, December 14 | Community Registration: Wednesday, December 21



MONDAY 15 Week Session	TUESDAY 17 Week Session	WEDNESDAY 16 Week Session	THURSDAY 15 Week Session	TRANSPORTATION FROM SCHOOL
<p>4 - 4:45 PM Beginner 4 - 5 Years \$470 Members: \$345</p> <hr/> <p>4:30 - 6 PM Intermediate 6+ Years \$525 Members: \$395</p>	<p>3:15 - 4 PM Tots 3 - 4 Years \$535 Members: \$390</p> <hr/> <p>4 - 4:55 PM Beginner 6+ Years \$535 Members: \$390</p> <hr/> <p>5 - 6:30 PM Pre-Team Invite Only</p> <hr/> <p>7 - 8:30 PM Tumbling Intermediate/ Advanced \$590 Members: \$450</p>	<p>9:30 - 10:15 AM My Gym with parent 4 - 18 Months \$340 Members: \$225 (9 Weeks: Follows Parent Place)</p> <hr/> <p>10:30 - 11:15 AM My Gym with parent 4 - 18 Months \$340 Members: \$225 (9 Weeks: Follows Parent Place)</p> <hr/> <p>3:45 - 4:30 PM Beginner 4 - 5 Years \$500 Members: \$365</p> <hr/> <p>4:30 - 6 PM Intermediate 6+ Years \$560 Members: \$420</p> <hr/> <p>4:30 - 6 PM Advanced 8+ Years \$560 Members: \$420</p>	<p>3:15 - 4 PM Tots 3 - 4 Years \$470 Members: \$345</p> <hr/> <p>4 - 4:55 PM Beginner 6+ Years \$470 Members: \$345</p> <hr/> <p>5 - 6:30 PM Pre-Team Invite Only</p>	<p>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.</p> <p>FEES: Mondays: \$255 Members: \$210 Tuesdays: \$290 Members: \$240 Wednesdays: \$275 Members: \$225 Thursdays: \$255 Members: \$210 Fridays: \$255 Members: \$210</p> <p>North Beach, Ruth K Broad M, Tu, Th & F: 2 & 3:05 PM/W: 2 PM</p> <p>Casa Dei Bambini & St. John M - F : 2:45 PM</p> <p>Lehrman M - Th: 3:30 PM /F: 2:40 PM</p> <p>Temple Beth Sholom M, Tu, Th & F: 3:20 PM/W: 3:30 PM *Inquire for additional schools</p> <p>REGISTRATION: Available on a limited basis and requires its own registration each session at mbjcc.org/transportation.</p>

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: \$255 | Members: \$210 Tuesdays: \$290 | Members: \$240 Wednesdays: \$275 | Members: \$225 Thursdays: \$255 | Members: \$210 Fridays: \$255 | Members: \$210

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



Stacey Hatch

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HOLIDAY CLOSINGS

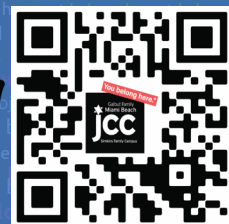
Mon., January 16 • MLK Jr. Day
Mon., January 23 • Teacher Work Day
Mon., February 20 • President's Day

Mon., March 20 - Fri., March 24 • Spring Break
Wed., April 5 - Thur., April 13 • Passover Break
Wed., April 26 • Yom Ha'atzmaut Celebration

Get social with
#mbjcc
and tell everyone
You Belong Here!

Share your story and a picture or video on Social Media!

Tell us your stories, share your memories. We want to hear from you. Why do you love the MBJCC? Tag @mbjcc whenever you post from or about the MBJCC on Social Media.



Like us on Facebook and Follow us on Instagram
Help us Grow a Stronger Social Media Community!

Connect to our Social Media
[f/mbjcc](https://www.facebook.com/mbjcc) [@/mbjcc](https://www.instagram.com/mbjcc)

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!

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.



MY GYM

My Gym brings extensively trained instructors, fun parent and me classes, flexible programs, beginning gymnastics, games and more.

