



GYMNASTICS

Tuesday, January 16 - Friday, May 24

Member Priority Registration: Wednesday, November 8 | Community Registration: Wednesday, November 15



REGISTER

| MONDAY | | 13 Week Session | |
|-------------|--------------|-----------------|------------------|
| 4 - 4:45 PM | Beginner | 4 - 5 Years | \$545 M: \$450 |
| 4:30 - 6 PM | Intermediate | 6+ Years | \$610 M: \$505 |

| TUESDAY | | 16 Week Session | |
|-------------|----------|-----------------|------------------|
| 3:15 - 4 PM | Tots | 3 - 4 Years | \$675 M: \$480 |
| 4 - 4:55 PM | Beginner | 6+ Years | \$675 M: \$480 |
| 5 - 6:30 PM | Pre-Team | Invite Only | |

| WEDNESDAY | | 16 Week Session | |
|----------------|--------------|-----------------|------------------|
| 3:45 - 4:30 PM | Beginner | 4- 5 Years | \$675 M: \$480 |
| 4:30 - 6 PM | Intermediate | 6+ Years | \$750 M: \$540 |
| 4:30 - 6 PM | Advanced | 8+ Years | \$750 M: \$540 |

| THURSDAY | | 17 Week Session | |
|-------------|----------|-----------------|------------------|
| 3:15 - 4 PM | Tots | 3 - 4 Years | \$715 M: \$510 |
| 4 - 4:55 PM | Beginner | 6+ Years | \$715 M: \$510 |
| 5 - 6:30 PM | Pre-Team | Invite Only | |

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: | \$265 M: \$220 |
| Tuesdays: | \$325 M: \$270 |
| Wednesdays: | \$325 M: \$270 |
| Thursdays: | \$350 M: \$285 |
| Fridays: | \$305 M: \$255 |

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: | \$265 M: \$220 |
| Tuesdays: | \$325 M: \$270 |
| Wednesdays: | \$325 M: \$270 |
| Thursdays: | \$350 M: \$285 |
| Fridays: | \$305 M: \$255 |

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

JAN 15 - MLK JR DAY: **School Day Out**
 JAN 19 - Teacher Work Day: **School Day Out**
 FEB 19 - President's Day: **School Day Out**
 MAR 22 - Teacher Work Day: **School Day Out**
 MAR 25-29 - Spring Break: **Spring Camp**
 APR 10 - Teacher Work Day: **School Day Out**
 APR 22-24: Passover
 APR 29-30: Passover
 MAY 13 - Yom Ha'tzmaut

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.

