



# MBJCC FALL 2024 GYMNASTICS



REGISTER

**SESSION:**  
Monday, August 26 - Friday, December 13, 2024

**REGISTER ONLINE:**  
mbjcc.org/class-search

**REGISTRATION DATES:**  
Priority Member: 8/1 | Community: 8/8

## RECREATIONAL GYMNASTICS CLASS SCHEDULE

### MONDAY | 13 SESSIONS

TIME	CLASS	AGE	FEE
4 - 4:45 PM	Beginner	4 - 5 Years	\$585   M: \$415
4:30 - 6 PM	Intermediate	6+ Years	\$650   M: \$470

### TUESDAY | 14 SESSIONS

TIME	CLASS	AGE	FEE
3:15 - 4 PM	Tots	3 - 4 Years	\$630   M: \$450
4 - 4:55 PM	Beginner	6+ Years	\$630   M: \$450
5 - 6:30 PM	Pre-Team	Invite Only	

### WEDNESDAY | 12 SESSIONS

TIME	CLASS	AGE	FEE
3:45 - 4:30 PM	Beginner	4 - 5 Years	\$540   M: \$385
4:30 - 6 PM	Intermediate	6+ Years	\$600   M: \$435
4:30 - 6 PM	Advanced	8+ Years	\$600   M: \$435

### THURSDAY | 12 SESSIONS

TIME	CLASS	AGE	FEE
3:15 - 4 PM	Tots	3 - 4 Years	\$540   M: \$385
4 - 4:55 PM	Beginner	6+ Years	\$540   M: \$385
5 - 6:30 PM	Pre-Team	Invite Only	

**BECOME A MEMBER AND SAVE UP TO 40% OFF!**

## MBJCC GYMNASTICS TEAM

The MBJCC Gymnastics Team includes a Pre-Team and eight competitive levels. All children must try out to join the team, and placement is determined by the coaches' discretion. The competitive season runs from September through May, requiring a full-year commitment.



Levels 1 - 8 adhere to the USA Gymnastics Development Program Guidelines.

The Pre-Team (Invite Only) is for children who exhibit natural flexibility and strength and have a strong desire to excel in gymnastics. The primary objective is to provide a solid foundation for competitive gymnastics. The focus is on developing strength, flexibility, and proper body positions for performing complex gymnastics skills. Pre-Team members are evaluated twice a year for potential advancement to the Level 1 Team.

### PRACTICES

LEVEL	PRACTICES/WEEK
Pre-Team & Level 1	2
Level 2	3
Level 3+	4



## TRANSPORTATION FROM SCHOOLS

Children enrolled in transportation must either be enrolled in an activity, Drop-in Homework Club, or picked up immediately upon arrival at the MBJCC. Children cannot be left alone at the MBJCC.

**REGISTRATION:** (Minimum registration required)

Availability limited. Requires registration at [mbjcc.org/transportation](http://mbjcc.org/transportation).

DAY	FEE	SCHOOLS*	TIME
<b>Mondays</b>	\$290   M: \$235	North Beach	2/3:05 PM   W: 2 PM
<b>Tuesdays</b>	\$310   M: \$255	TBS	2:45 PM   W: 3:30 PM
<b>Wednesdays</b>	\$265   M: \$220	Ruth K Broad	2/3:05 PM   W: 2 PM
<b>Thursdays</b>	\$265   M: \$220	Casa Dei Bambini	2:45 PM
<b>Fridays</b>	\$245   M: \$200	St. John	2:45 PM

\*Inquire for additional schools

### LEHRMAN COMMUNITY DAY SCHOOL TIME: 3:30 PM | F: 2:30 PM

August 20 - December 19

Lehrman Students only.

Week of August 20 and week of December 16 no youth classes.

Child must be picked up from the MBJCC as soon as the bus arrives.

DAY	FEE
<b>Mondays</b>	\$310   M: \$255
<b>Tuesdays</b>	\$355   M: \$290
<b>Wednesdays</b>	\$310   M: \$255
<b>Thursdays</b>	\$310   M: \$255
<b>Fridays</b>	\$265   M: \$215

## DROP-IN HOMEWORK CLUB

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

DAY	FEE
<b>Mondays</b>	\$290   M: \$235
<b>Tuesdays</b>	\$310   M: \$255
<b>Wednesdays</b>	\$265   M: \$220
<b>Thursdays</b>	\$265   M: \$220
<b>Fridays</b>	\$245   M: \$200

## HOLIDAY SCHEDULE

DATE	HOLIDAY
<b>Monday, 9/2</b>	Labor Day
<b>Wednesday, 10/2</b>	Erev Rosh Hashanah
<b>Thursday, 10/3</b>	Rosh Hashanah
<b>Friday, 10/4</b>	Rosh Hashanah
<b>Friday, 10/11</b>	Erev Yom Kippur
<b>Wednesday, 10/16</b>	Erev Sukkot
<b>Thursday, 10/17</b>	Sukkot
<b>Friday, 10/18</b>	Sukkot
<b>Wednesday, 10/23</b>	Shemini Atzeret
<b>Thursday, 10/24</b>	Shemini Atzeret
<b>Friday, 10/25</b>	Simchat Torah
<b>Tuesday, 11/5</b>	School Day Out
<b>Monday, 11/11</b>	School Day Out
<b>M - S, 11/25-12/1</b>	Fall Break
<b>Su, 12/15</b>	Chanukah Festival

## PROGRAM CONTACTS

NAME	TITLE	EMAIL	EXT
Stacey Hatch	Gymnastics Administrative Director	stacey@mbjcc.org	x222
Hellen Jena	Registrar	hellen@mbjcc.org	x235

**JOIN TODAY!**

**BECOME A MEMBER AND SAVE UP TO 40% OFF!**

Visit the Membership Office or Contact our Membership Team:

Nicole Linares: x203 or nicolel@mbjcc.org

Julie Eibinder: x205 or julie@mbjcc.org

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!

