



# Reed's Fall Gymnastics Classes

## August 31-Dec 17, 2009

All Classes: \$32 per 4-week session. *Payment is required when you register.*

### ELEMENTARY & MIDDLE SCHOOL AGE:

**Beginner:** Ages 6-14. Students in this class work on developing gymnastics skills on bars, beam, floor & vault.



Mondays, 4:05-5 pm, #41311.206  
Mondays, 6-6:55 pm, #41315.206  
Tuesdays, 6-6:55 pm, #41340.206  
Wednesdays, 10-10:55 am, #41344.206 **NEW!**  
Thursdays, 4:35-5:30 pm, #41319.206  
Thursdays, 5:30-6:25 pm, #41323.206

**Advanced Beginner:** Ages 6-14. Students work on increasing gymnastics skills on bars, beam, floor & vault. Instructor approval required. Must have cartwheel & pull-over.

Mondays, 5-5:55 pm, #41330.206  
Thursdays, 6:30-7:25 pm, #41334.206



### BOYS ONLY GYMNASTICS:

These classes are designed for boys only. Our goal is to create an atmosphere where every boy can reach his potential while having fun & creating positive memories about gymnastics. Whether you want to pursue gymnastics as a sport or conditioning for other sports, this is a great class for you.



**Beginner:** Ages 6-11. Wed, 4:30-5:25 pm, #41450.206  
**Kinder/Jr:** Ages 4-6. Wed, 5:30-6:15 pm, #42040.206

### Cheer Tumbling: \$32 per 4-week session



**Pee-Wee:** Ages 3-5. Covers cheer basics: Cartwheels, handstands, backbends, kick-overs, round offs, standing back hand-springs, jumps and motions.  
Wednesdays, 4:30-5:15 pm, #41100.206

**Beginner:** Ages 6-16. Covers cheer basics: Cartwheels, handstands, backbends, kick-overs, round offs, standing back hand-springs, jumps and motions.  
Tuesdays, 4:30-5:25 pm, #41420.206  
Tuesdays, 5:30-6:25 pm, #41424.206



### PRESCHOOLERS Ages 18 months to 6 years:

The majority of these classes are held in our preschool gymnastics area with occasional visits to the BIG gym.

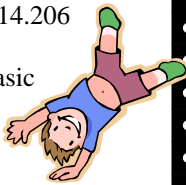
**Tumbling Tots:** Ages 18-36 months. Parents will join their kids in this introduction to tumbling and gymnastics class. Children will work on large locomotor movements in a playful environment.



Mondays, 6:05-6:35 pm, #42010.206  
Tuesdays, 9:30-10:00 am, #42014.206

**Kindernastics:** Ages 3-4. Children learn basic gymnastics skills & work on flexibility, muscle control & locomotor movements.

Mondays, 4:05-4:50 pm, #42101.206  
Tuesdays, 10:05-10:50 am, (ages 3-5) #42105.206  
Tuesdays, 5:45-6:30 pm, #42109.206  
Thursdays, 4:35-5:20 pm, #42113.206



**Kinder/Jr:** Ages 4-6. Children learn basic gymnastics skills on bars, beam, floor & vault.

Mondays, 5:05-5:50 pm, #42022.206  
Tuesdays, 4-4:45 pm, #42034.206  
Tuesdays, 4:50-5:35 pm, #42026.206  
Wednesdays, 11-11:45 am, #42044.206 **NEW!**  
Wednesdays, 4:30-5:15 pm, #42018.206  
Thursdays, 5:35-6:20 pm, #42030.206



**Cheernastics-Private Squads:** Ages 6-18. Special programs are available for cheer squads who want further instruction in tumbling, jumps & partner skills. Call Scott Sparkman @ 591-4307 to set up a class.

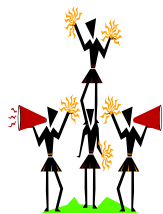


### Competitive Cheer Program:

**Ultimate JV Cheer Squad:** Open to all elementary & middle school-age children.

No tryouts. Squad practices on Mondays from 6:30-8 pm. Fee is \$40 per month. Uniforms and competition fees are extra.

*Senior Competitive Squad* available. Talk to Coach Scott Sparkman for more details.



Reed Park • 4233 S. Yukon • Tulsa, OK 74107 • 591-4307

