

# HEALTH, PHYSICAL EDUCATION & RECREATION

## SCHOOL-AGE GYMNASTICS

The JCC gymnastics school offers a comprehensive regimen of gymnastics instruction. Students develop agility, flexibility, and self-confidence. Classes are taught by Sherri Lamanna. Placement is based on skill, not age.

### Gymnastics – Level I, II

**Age:** K and up  
**Day:** Monday  
**Time:** 3:30 – 4:30 PM  
**Dates:** 10/5 – 11/30 (not 10/12)  
**Fee:** M \$80 / NM \$105

Beginning gymnastics foundations taught on floor, beam, bars, and vault in a safe and encouraging environment.

### Gymnastics – Level I, II, III

**Age:** K and up  
**Day:** Monday  
**Time:** 4:30-5:30 PM  
**Dates:** 10/5 – 11/30 (not 10/12)  
**Fee:** M \$80 / NM \$105

This level progresses the student to an intermediate development in all events.

### Boys Gymnastics

**Age:** K and up  
**Day:** Friday  
**Time:** 3:15 – 4:00 PM  
**Dates:** 10/2 – 12/4 (not 11/27)  
**Fee:** M \$102/NM \$128  
**Minimum:** 5 Boys  
**Fee:** M \$110 / NM \$120

Beginner and intermediate levels on floor, vault, and bars.

### JCC Pre-Team Gymnastics

**Day:** Wednesday and Friday  
**Time:** 4:00 – 5:30 PM  
**Dates:** 9/16 – 12/4 (not 11/25, 11/27)  
**Fee:** M \$280/NM \$300

Participants will be accepted on the pre-team through tryouts or approval from coach. Gymnasts will work on skills and develop compulsory routines for introductions to competitions.

### Team Gymnastics

**Day:** Tuesday and Thursday  
**Time:** 3:45 – 5:30 PM  
**Dates:** 9/15 – 12/3 (not 11/26)  
**Fee:** M \$280/NM \$300

Participants will be accepted on the team through tryouts or approval from coach. Gymnasts will compete against other gymnastics programs in the area. Some additional fees will be incurred.

## PRE-SCHOOL GYMNASTICS

The JCC offers a wonderful program that introduces pre-schoolers to gymnastics at times designed to be convenient for parents.

### Tumbling Tots I (Pre-School Gymnastics I)

**Age:** 3 years old  
(must turn three by 12/01/09)  
**Day:** Tuesday  
**Time:** 1:00 – 1:45 PM  
**Dates:** 9/29 – 12/1  
**Limit:** 12  
**Fee:** M \$100 / NM \$120  
**Attire:** Leotard, shorts, or sweatpants  
No pants with snaps, buttons, or strings

Pre-gymnastics movement skills will be taught in a safe and fun environment using floor, beam, bars, and vault.

### Tumbling Tots II (Pre-School Gymnastics II)

**Age:** Pre-K  
**Day:** Tuesday  
**Time:** 2:00 – 2:45 PM  
**Dates:** 9/29 – 12/1  
**Limit:** 12  
**Fee:** M \$100 / NM \$120  
**Attire:** Leotard, shorts, or sweatpants  
No pants with snaps, buttons, or strings

Pre-gymnastics movement skills will be taught in a safe and fun environment using floor, beam, bars, and vault.



### Tumbling Tots I (Pre-School Gymnastics I)

**Age:** 3 years old  
(must turn three by 12/01/08)  
**Day:** Wednesday  
**Time:** 1:00 – 1:45 PM  
**Dates:** 9/30 – 12/2 (not 11/11, 11/25)  
**Limit:** 12  
**Fee:** M \$100 / NM \$120  
**Attire:** Leotard, shorts, or sweatpants  
No pants with snaps, buttons, or strings

Pre-gymnastics skills for 3-year-olds! Emphasis on safely using equipment such as beam, bars, and vault.

### Tumbling Tots II (Pre-School Gymnastics II)

**Age:** Pre-K  
**Day:** Wednesday  
**Time:** 2:00 – 2:45 PM  
**Dates:** 9/30 – 12/2 (not 11/11, 11/25)  
**Limit:** 12  
**Fee:** M \$100 / NM \$135  
**Attire:** Leotard, shorts, or sweatpants  
No pants with snaps, buttons, or strings

Floor, beam, bars, and vault for Pre-K students!

**You do not need to be a member to join classes.**

**However, members do receive a discount!**

**Become a full fitness member and  
exercise while your child is in class!**