



# Red Deer Summer Class Schedule

## 2018

Description		Ages	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preschool Classes</b>							
<b>Tumbling Tots</b>	Un-parented class designed to build the joy of movement through games and gymnastics circuits.	3-5 yrs	10:00-10:45 4:00-4:45	5:00-5:45	9:15-10:00 5:00-5:45	4:15-5:00	
<b>Classes</b>							
<b>Beginner Basics</b>	Focus on learning handstands, cartwheels and bridges.	6-18 yrs	10:45-11:30 5:30-6:15 7:30-8:15	11:30-12:15 5:30-6:15	4:00-4:45	10:00-10:45 5:45-6:30	
<b>Advanced Basic</b>	Focus on round off, walkovers & handstand. <b>Prerequisites:</b> cartwheel, fall to bridge & kick over	6-18 yrs	6:45-7:30	9:15-10:00 6:15-7:00	10:45-11:30 6:30-7:15	7:15-8:00	
<b>Handsprings</b>	<b>Prerequisites:</b> Unassisted handstands, cartwheels, round offs, back and front walkovers.	6-18 yrs	7:15-8:00	10:00-10:45 4:00-4:45 7:15-8:00	5:30-6:15	10:45-11:30 5:30-6:15	
<b>Tucks and Layouts</b>	<b>Prerequisites:</b> Well-executed standing triple back-handspring & round off handsprings.	6-18 yrs	4:30-5:15	10:45-11:30		4:00-4:45	
<b>Cheer 101</b>	Focus on fundamentals of cheerleading. Basic stunting and tumbling, jump technique, motions and dance. Great intro to cheerleading!	6-12yrs	4:45-5:30	7:00-7:45	4:45-5:30	6:30-7:15	
<b>Stretch and Flexibility</b>		6-12yrs		6:30-7:15		6:15-7:00	
<b>Strength and Conditioning</b>		6-12yrs	6:30-7:15		5:45-6:30		
<b>Ninja Zone</b>							
<b>Ninja Zone</b>	This class is designed for the inner ninja! It will focus on tumbling, flips, and lots of fun! Learn to move like a ninja and flip like a pro!	<b>Lil Ninja 3-5 yrs</b>	9:15-10:00 5:00-5:45	4:15-5:00	10:00-10:45	9:15-10:00	
		<b>White 6-11yrs</b>	11:30-12:15 5:45-6:30	4:45-5:30	11:30-12:15	5:00-5:45	
		<b>Yellow 9-12yrs</b>	4:15-5:00	5:45-6:30	4:15-5:00	11:30-12:15 7:00-7:45	
		<b>Green 11-18yrs</b>				4:45-5:30	
<b>Open Gyms etc.</b>							
<b>Open Gym</b>	Come in for extra practice under the supervision of a coach. No spotting provided	6+ yrs \$5/child			6:45-8:45		