

GYMNASTICS

Gymnastics

Why register your child in gymnastics? The skills learned in Trico gymnastics cover gross motor development skills required as a basis for all sports, including the development of strength, flexibility, agility, coordination, and balance.

Gym Babies (Walking – 24 mnths plus parent)

This is an energetic, fun-filled class for the toddler with lots of energy. Learning will be through play using various equipment (balls, hoops, and bean bags), music and gymnastics equipment (low beam, mats mini trampoline, vaults).

Thursday 9:15 – 10am

January 19 – March 1 (6 classes)

(no class Feb 16)

March 8 – April 26 (7 classes)

(no class March 29)

M: \$51 (6 classes) \$59 (7 classes)

NM: \$63 (6 classes) \$74 (7 classes)

Gym Tots (2 – 3 yrs plus parent)

Join us with your preschooler for a fun, interactive and creative gymnastics program designed to develop your child's gross motor skills. A variety of gymnastics and play equipment are utilized to make this program exciting.

Wednesday 1 – 1:45pm

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

Thursday 10 – 10:45am

January 19 – March 1 (6 classes)

(no class Feb 16)

March 8 – April 26 (7 classes)

(no class March 29)

Saturday 9 – 9:45am

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$52 (6 classes) \$60 (7 classes)

\$84 (10 classes)

NM: \$64 (6 classes) \$74 (7 classes)

\$105 (10 classes)

Kinder Gym Kids (4 – 5 yrs)

This introductory program is a continuation of the fundamentals learned in the Gym Tots program. Kinder Gym Kids combines skills involving height, flight, rolling, jumping and balance with the use of gymnastics apparatus (beams, vaults, bars, spring board and mats).

This introductory program will further the development of your child's body awareness, rhythm, coordination, and balance.

Wednesday 1:45 – 2:45pm

January 18 – February 29 (7 classes)

March 7 – April 25 (7 classes)

(no class March 28)

Thursday 10:45 – 11:45am

January 19 – March 1 (6 classes)

(no class Feb 16)

March 8 – April 26 (7 classes)

(no class March 29)

Saturday 9:45 – 10:45am

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$60 (6 classes) \$70 (7 classes)

\$100 (10 classes)

NM: \$75 (6 classes) \$88 (7 classes)

\$125 (10 classes)

Recreational Gymnastics Level 1 (6 – 10 yrs)

Modified from the AGF Can Gym program, this class is non competitive with an emphasis on personal success, enjoyment and self-esteem. Progressive skill development is taught on all gymnastics apparatus with an emphasis on fun, fitness and fundamentals.

Saturday 11 am – 12pm

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$100 (10 classes)

NM: \$125 (10 classes)

Recreational Gymnastics Level 2 (6 – 10 yrs)

Continuation of our active Level 1 program. Prerequisite: Successful completion of level 1

Saturday 11 am – 12pm

January 14 – March 24 (10 classes)

(no class Feb 18)

M: \$100 (10 classes)

NM: \$125 (10 classes)

NEW

Drop-In Family Gymnastics (Walking – 5 yrs)

Parent participation required.

Join us for an active morning with a qualified instructor. Experience a variety of gymnastics fundamentals with your child. Skills involving height, flight, rolling, jumping and balance with the use of gymnastics apparatus (beams, vaults, bars, spring board and mats) to promote your child's body awareness, rhythm, coordination and balance. Registration for each day is required (for members and non-members) as space in the gym is limited to 20 participants.

Monday 10am – 11:30am

January 16 – March 19

(no class Feb 20)

M: included in Membership

NM: \$5parent/\$1 per child per day

