

GYMNASTICS

EAST LAWRENCE RECREATION CENTER – GYMNASTICS

1245 E. 15th St.

East Lawrence Recreation Center houses gymnastics classes ranging from parent-tot, preschool to beginning boys and girls. Monthly tuition is deducted on the first of each month. When enrolling for the program, you will be asked to put a credit card (Visa, Mastercard, Discover) on file for monthly tuition and to secure your child(ren)'s spot in the class. Having a credit card on file is a requirement for enrollment. If parents would like to pay tuition with cash or check, payment must be received by the last day of the month to prevent the credit card from being charged.

Payments are processed on the first business day of the month. Account holders will be notified by email when payment is processed. If the method of payment is declined for any reason, you will be notified by email. If payment has not been received by the third business day of the month by noon, a \$20 late fee will be assessed. If payment has not been received by noon on the seventh business day of the month, enrollment will be cancelled. LPRD reserves the right to discontinue enrollments and participation for non-payment.

Enrollments for the continuous program can be cancelled anytime during the year. Enrollment cancellations MUST be made no later than the 25th of the month in writing to Landon Noll at lnoll@lawrenceks.org Questions regarding gymnastics billing should be directed to Landon Noll at (785) 330-7364 or lnoll@lawrenceks.org.

LITTLE BEARS

Ages: 18 months-2 years-old with parent. One parent per child. Enrollment Min 4 / Max 10. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
917000	A	LITTBE	S	10-10:45AM	MONTHLY	ELRC-MPR	\$40

TUMBLE BEARS

Age 3. Enrollment Min 4 / Max 6. Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
917001	A	TUMBEAR	T	4:40-5:25PM	MONTHLY	ELRC-MPR	\$40
917001	B	TUMBEAR	R	5:45-6:30PM	MONTHLY	ELRC-MPR	\$40

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 6. Students will be introduced to all gymnastics equipment throughout the session. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
917002	A	GYMBEAR	T	5:30-6:25PM	MONTHLY	ELRC-MPR	\$40
917002	B	GYMBEAR	R	4:45-5:40PM	MONTHLY	ELRC-MPR	\$40
917002	C	GYMBEAR	S	9-9:55AM	MONTHLY	ELRC-MPR	\$40
917002	D	GYMBEAR	S	11-11:55AM	MONTHLY	ELRC-MPR	\$40

BEGINNING BOYS

Age: 6-10. Enrollment Min 4 / Max 6. Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop strong basic tumbling skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
917003	A	BEGBOYS	M	5:30-6:25PM	MONTHLY	ELRC-MPR	\$40

BEGINNING GIRLS

Ages: 6-10. Enrollment Min 4 / Max 7. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. **Participants will be expected to perform all necessary skills before advancing to the next level.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
917004	A	BEGGIRLS	M	6:30-7:25PM	MONTHLY	ELRC-MPR	\$40

GYMNASTIC BIRTHDAY PARTIES

Ages 3-12 years-old. \$150 for up to 20 children. Join LPRD's qualified gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 3-12 years-old. Parties held at the East Lawrence Recreation Center, 1245 E. 15th St. **Parties are available at the following times and days: Sat. - 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m., Sun: 1-2:30 p.m., 3-4:30 p.m. For more information contact Sports Pavilion Lawrence at (785) 330-7355.**

SPORTS PAVILION LAWRENCE – GYMNASTICS

100 Rock Chalk Lane

Sports Pavilion Lawrence houses gymnastics classes ranging from preschool, beginning boys/girls, Ninja, Intermediate and Advanced Girls. Monthly tuition is deducted on the first of each month. When enrolling for the program, you will be asked to put a credit card (Visa, Mastercard, Discover) on file for monthly tuition and to secure your child(ren)'s spot in the class. Having a credit card on file is a requirement for enrollment. If parents would like to pay tuition with cash or check, payment must be received by the last day of the month to prevent the credit card from being charged.

Payments are processed on the first business day of the month. Account holders will be notified by email when payment is processed. If the method of payment is declined for any reason, you will be notified by email. If payment has not been received by the third business day of the month by noon, a \$20 late fee will be assessed. If payment has not been received by noon on the seventh business day of the month, enrollment will be cancelled. LPRD reserves the right to discontinue enrollments and participation for non-payment.

Enrollments for the continuous program can be cancelled anytime during the year. Enrollment cancellations MUST be made no later than the 25th of the month in writing to Landon Noll at lnoll@lawrenceks.org Questions regarding gymnastics billing should be directed to Landon Noll at 785-330-7364 or lnoll@lawrenceks.org.

SHOP N' DROP

Ages: 5-12. Enrollment Min 7 / Max 21. Do you need a day without kids to do your Christmas shopping or just enjoy some free time? Drop your children off and we will entertain them with gymnastics, soccer, basketball, crafts and much more. Participants will need to bring a sack lunch. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416013	A	SHOPDRO	F	9AM-4PM	11/27	SPL-GR	\$30

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. A class designed just for little ones. Little Ninjas will learn basic entry-level parkour, gymnastics and Ninja Warrior skills. Events include hanging obstacles, pegboard, vault, cargo net, safety falls, agility, tumbling skills along with hand eye coordination. Participants will develop balance, focus, strength, social skills and the ability to trust.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916004	A	LNW	T	5:30-6:25PM	ONGOING	SPL-GR	\$40
916004	B	LNW	R	6:30-7:25PM	ONGOING	SPL-GR	\$40

NINJA WARRIOR STARS

Ages: 6-9. Enrollment Min 4 / Max 12. Building and reinforcing upon the core skills learned in Little Ninjas. Participants will learn basic parkour skills, safety rolls, basic vaulting, wall and bar progressions, along with development of core strength and speed. With our special ninja training equipment, students will improve their balance, agility, gymnastics skills and flexibility all while having FUN!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916005	A	NWS	R	4:30-5:25PM	ONGOING	SPL-GR	\$40
916005	B	NWS	S	10-10:55AM	ONGOING	SPL-GR	\$40

NINJA WARRIOR ADVANCE

Ages: 10-14. Enrollment Min 4 / Max 12. This class is for Ninjas who have mastered the skills in the beginning program. A "test mission" must be completed in order to move into this class. Students will master all beginner progressions such as rolling, hand support, spotted flipping, wall progressions, precision jumps and basic transitions. Students will be lead through courses that include our most difficult and rigorous obstacles.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916006	A	NWA	W	7-7:55PM	SPL-GR	SPL-GR	\$40

TUMBLE BEARS

Age: 3. Enrollment Min 4 / Max 12. Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the Bars, Tumble Track and Balance Beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916000	A	TUMBEAR	M	4:30-5:15PM	ONGOING	SPL-GR	\$40
916000	C	TUMBEAR	R	5:30-6:15PM	ONGOING	SPL-GR	\$40
916000	E	TUMBEAR	S	9-9:45AM	ONGOING	SPL-GR	\$40

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Students will be introduced to all gymnastics equipment throughout the session. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916001	A	GYMBEAR	M	5:30-6:25PM	ONGOING	SPL-GR	\$40
916001	B	GYMBEAR	M	6:30-7:25PM	ONGOING	SPL-GR	\$40
916001	C	GYMBEAR	T	4:30-5:25PM	ONGOING	SPL-GR	\$40
916001	P	GYMBEAR	W	4-4:55PM	ONGOING	SPL-GR	\$40
916001	E	GYMBEAR	W	5-5:55PM	ONGOING	SPL-GR	\$40
916001	M	GYMBEAR	W	6-6:55PM	ONGOING	SPL-GR	\$40
916001	I	GYMBEAR	R	5:30-6:25PM	ONGOING	SPL-GR	\$40
916001	N	GYMBEAR	R	6:30-7:25PM	ONGOING	SPL-GR	\$40
916001	O	GYMBEAR	S	9-9:55AM	ONGOING	SPL-GR	\$40
916001	L	GYMBEAR	S	10-10:55AM	ONGOING	SPL-GR	\$40

BEGINNING BOYS

Age: 6-10. Enrollment Min 4 / Max 6. Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop good basic tumbling skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916008	A	BEGBOYS	M	5:30-6:25PM	ONGOING	SPL-GR	\$40

BEGINNING GIRLS

Ages: 6-11. Enrollment Min 4 / Max 14. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. **Participants will be expected to perform all necessary skills before advancing to the next level.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916010	A	BEGGIRL	M	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010	N	BEGGIRL	M	6:30-7:25PM	ONGOING	SPL-GR	\$40
916010	B	BEGGIRL	T	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010	C	BEGGIRL	T	5:30-6:25PM	ONGOING	SPL-GR	\$40
916010	D	BEGGIRL	T	6:30-7:25PM	ONGOING	SPL-GR	\$40
916010	E	BEGGIRL	W	4-4:55PM	ONGOING	SPL-GR	\$40
916010	F	BEGGIRL	W	5-5:55PM	ONGOING	SPL-GR	\$40
916010	M	BEGGIRL	R	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010	G	BEGGIRL	R	5:30-6:25PM	ONGOING	SPL-GR	\$40
916010	K	BEGGIRL	S	9-9:55AM	ONGOING	SPL-GR	\$40
916010	J	BEGGIRL	S	10-10:55AM	ONGOING	SPL-GR	\$40

INTERMEDIATE GIRLS

Ages: 6 and Up. Enrollment Min 4 / Max 14. This class is for participants who have mastered the gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, proper technique, and building onto skills while increasing their time in the gym. **Participants will be expected to master 90 percent of Intermediate Girls skills and show initiative and drive in gymnastics before advancing to the Advanced Class. They must also have permission from the gymnastics programmer prior to enrollment.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916012	B	INTGIRLS	T	6:30-7:55PM	ONGOING	SPL-GR	\$64
916012	C	INTGIRLS	W	6-7:25PM	ONGOING	SPL-GR	\$64
916012	D	INTGIRLS	R	6:30-7:55PM	ONGOING	SPL-GR	\$64

ADVANCED GIRLS

Ages: 6 and Up. Enrollment Min 4 / Max 14. This class is for upper level gymnasts who want to continue their gymnastics training without competition. Gymnasts will continue to build onto their skill set while working to perfect their form and technique. **Enrollment is by invitation only after the successful completion of the Intermediate Class.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916014	A	ADV GIRL	MW	6:30-8:30PM	ONGOING	SPL-GR	\$128

NOTE TO PARENTS/GUARDIANS

Participants must master 90 percent of the required skills set by the USA gymnastics guidelines before they progress to the next level. If you have ideas, suggestions, or questions about any part of our program, do not hesitate to call Sports Pavilion Lawrence at (785) 330-7355. We welcome all comments because they help us to improve our program and offer better service to you.

SPORTS PAVILION LAWRENCE GYMNASTICS PARTIES

Ages 3-12 year-olds. \$150 for up to 20 children. Join LPRD's qualified-gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 3-12 years-old. **Parties begin at \$150* for up to 20 children** *Refreshment packages are in addition. **Sports Pavilion Lawrence parties are offered.** Parties held at the Sports Pavilion Lawrence 100 Rock Chalk Lane. **Parties are available at the following times and days: Sat: 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m., Sun: 1-2:30 p.m., 3-4:30 p.m. For more information contact Sports Pavilion Lawrence at (785) 330-7355.**