

GYMNASTICS

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increased self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls and a wide-ranging gymnastics program at several age levels. Classes are held at Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane and East Lawrence Recreation Center, 1245 E. 15th St. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. Program Director: Jo Ellis, (785) 330-7355. **Classes listed below are provided by facility.**

GYMNASTIC BIRTHDAY PARTIES

Ages 3-12 year olds. \$100 for up to 10 children, \$125 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: Saturday – 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., and 5 p.m. to 6:30 p.m.; Sunday – 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., and 5 p.m. to 6:30 p.m.** For more information contact the Community Building at (785) 830-7355.

EAST LAWRENCE RECREATION CENTER – GYMNASTICS

1245 E. 15th St.

DIAPER DYNOS GYMNASTICS

Ages: 18-24 months w/parent. Enrollment Min 6 / Max 13. The class is designed with a toddler's natural needs and joys in mind. The stations are set up to challenge all locomotor skills: running, jumping, rolling, and climbing to name a few. Children learn socialization skills such as making new friends, taking turns, and taking directions from an adult other than their parents. Parents participate by lending support, following their child's lead, and with the instructor, discovering each child's special personality in the gymnastic environment. *One parent per child.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116100 A	DIADYN	M	9:15-9:45AM	1/12-3/2	ELRC-MPR	\$56
116100 B	DIADYN	W	11-11:30AM	1/14-3/4	ELRC-MPR	\$56
116100 C	DIADYN	R	5:30-6PM	1/15-3/5	ELRC-MPR	\$56
216100 A	DIADYN	M	9:15-9:45AM	3/23-5/4	ELRC-MPR	\$49
216100 B	DIADYN	W	11-11:30AM	3/25-5/6	ELRC-MPR	\$49
216100 C	DIADYN	R	5:30-6PM	3/26-5/7	ELRC-MPR	\$49



PARENTS AND PEANUT GYMNASTICS

Ages: 2-3 w/parent. Enrollment Min 6 / Max 13. 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! *One parent per child.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116101 A	PPGYM	W	9-9:45AM	1/14-3/4	ELRC-MPR	\$56
116101 B	PPGYM	W	6:30-7:15PM	1/14-3/4	ELRC-MPR	\$56
116101 C	PPGYM	F	6:30-7:15PM	1/16-3/6	ELRC-MPR	\$56
116101 D	PPGYM	S	9-9:45AM	1/17-3/7	ELRC-MPR	\$56
216101 A	PPGYM	W	9-9:45AM	3/25-5/6	ELRC-MPR	\$49
216101 B	PPGYM	W	6:30-7:15PM	3/25-5/6	ELRC-MPR	\$49
216101 C	PPGYM	F	6:30-7:15PM	3/27-5/8	ELRC-MPR	\$49
216101 D	PPGYM	S	9-9:45AM	3/28-5/9	ELRC-MPR	\$49

TUMBLEWEEDS

Ages: 3. Enrollment Min 6 / 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
116102 A	TUMWEED	M	10-10:45AM	1/12-3/2	ELRC-MPR	\$56
116102 B	TUMWEED	M	5:30-6:15PM	1/12-3/2	ELRC-MPR	\$56
116102 C	TUMWEED	T	6:30-7:15PM	1/13-3/3	ELRC-MPR	\$56
116102 D	TUMWEED	W	10-10:45AM	1/14-3/4	ELRC-MPR	\$56
116102 E	TUMWEED	W	5:30-6:15PM	1/14-3/4	ELRC-MPR	\$56
116102 F	TUMWEED	F	9-9:45AM	1/16-3/6	ELRC-MPR	\$56
116102 G	TUMWEED	F	5:30-6:15PM	1/16-3/6	ELRC-MPR	\$56
116102 H	TUMWEED	S	10-10:45AM	1/17-3/7	ELRC-MPR	\$56
216102 A	TUMWEED	M	10-10:45AM	3/23-5/4	ELRC-MPR	\$49
216102 B	TUMWEED	M	5:30-6:15PM	3/23-5/4	ELRC-MPR	\$49
216102 C	TUMWEED	T	6:30-7:15PM	3/24-5/5	ELRC-MPR	\$49
216102 D	TUMWEED	W	10-10:45AM	3/25-5/6	ELRC-MPR	\$49
216102 E	TUMWEED	W	5:30-6:15PM	3/25-5/6	ELRC-MPR	\$49
216102 F	TUMWEED	F	9-9:45AM	3/27-5/8	ELRC-MPR	\$49
216102 G	TUMWEED	F	5:30-6:15PM	3/27-5/8	ELRC-MPR	\$49
216102 H	TUMWEED	S	10-10:45AM	3/28-5/9	ELRC-MPR	\$49

T&T, PRE-SCHOOL

■ *Ages: 3-4. Enrollment Min 4 / Max 12.* This is an introduction to skills as well as social interaction and class structure. We focus on following directions and socialization while we teach body control, coordination and fundamental tumbling skills such as rolls, cartwheels, and basic jumping technique on the trampolines including straddle & turning skills and beginning seat & doggy drops.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116411 A	PRESCHOL	M	5:30-6:15PM	1/5-3/2	GFORCE	\$81
116411 B	PRESCHOL	R	4:30-5:15PM	1/8-3/5	GFORCE	\$81
216411 A	PRESCHOL	M	5:30-6:15PM	3/23-5/11	GFORCE	\$72
216411 B	PRESCHOL	R	4:30-5:15PM	3/26-5/14	GFORCE	\$72

TRAMPOLINE

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class teaches trampoline and double-mini trampoline skills only. It is great for those who just want to learn skills and safety as well as those who enjoy trampoline in their class, and want to learn more. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116414 A	TRAMPO	W	7:30-8:25PM	1/7-3/4	GFORCE	\$81
216414 A	TRAMPO	W	7:30-8:25PM	3/25-5/13	GFORCE	\$72

TUMBLING CLASSES

These classes focus only on floor skills. Students may use the trampolines to aid in learning skills, however, they will not learn trampoline-specific skills. Those enrolling in these classes should meet the requirements and have a general knowledge of beginner and intermediate level floor skills.

TUMBLING 1

■ *Ages: 8-12, 12-18. Enrollment Min 4 / Max 12.* Students will begin learning front and back handsprings both from a standing position and after a round-off. **Requirement: Strong running round-off and an assisted back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116415 A	T(12-18)	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116415 B	T(12-18)	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116415 C	T(8-12)	T	6-6:55PM	1/6-3/3	GFORCE	\$81
216415 A	T(12-18)	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216415 B	T(12-18)	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216415 C	T(8-12)	T	6-6:55PM	3/24-5/12	GFORCE	\$72

TUMBLING 2

■ *Ages: 8-12; 12-18. Enrollment Min 4 / Max 12.* In this class students will learn running series tumbling and running round-off back handspring back-tucks. They will finish learning standing back handsprings and begin learning standing back tucks. **Requirement: unassisted round-off back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116416 A	T2(12-18)	T	7:30-8:55PM	1/6-3/3	GFORCE	\$94
116416 B	T2(8-12)	W	4:30-5:25PM	1/7-3/4	GFORCE	\$94
216416 A	T2(12-18)	T	7:30-8:55PM	3/24-5/12	GFORCE	\$84
216416 B	T2(8-12)	W	4:30-5:25PM	3/25-5/13	GFORCE	\$84



TUMBLING 3

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* Athletes in this class learn back tuck skills, how to series back handsprings into flipping skills, and they will work on combining these elements to create unique and exciting passes. **Requirements: unassisted standing back handspring and running round-off back handspring series.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116417 A	T3	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116417 B	T3	R	7:30-8:55PM	1/8-3/5	GFORCE	\$94
216417 A	T3	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216417 B	T3	R	7:30-8:55PM	3/26-5/14	GFORCE	\$84

TUMBLING 4

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* This class is for the elite athlete who has mastered the back tuck. Instructors in this class will teach flipping variations, connecting flips and twisting skills. **Requirements: unassisted standing back tuck and running round-off back handspring back-tuck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116418 A	T4	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116418 B	T4	T	7-8:25PM	1/6-3/3	GFORCE	\$94
216418 A	T4	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216418 B	T4	T	7-8:25PM	3/24-5/12	GFORCE	\$84

TUMBLING, BOYS

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class is for boys only. Taught by a male instructor, they will learn progressive tumbling skills based on the ability of the students in the class. They will also learn coordination and agility drills that are useful in many other sports! All taught in a "boy specific" style. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116419 A	BOYTUMB	W	6:30-7:25PM	1/7-3/4	GFORCE	\$81
216419 A	BOYTUMB	W	6:30-7:25PM	3/25-5/13	GFORCE	\$72

SKILL CLASSES

For more information about the following specialty classes, please contact G-Force at (785) 843-5387. Back Handspring 1 and 2, Back Tuck 1 and 2, Front Tumbling and Twisting and Tricks.

TRYOUTS FOR COMPETITIVE SQUADS

Open to all ages. Tryouts will be held from 9-11 a.m. for ages 11 and under, and from 1-3 p.m. for ages 12 and over on Saturday, April 18. A parent meeting will take place during both tryout times. All qualified participants will receive a summer schedule for practices at the parent meeting. Additional paperwork and fees are required for team participants by Lawrence Parks and Recreation.

GYMSTERS

Ages: 4-5. Enrollment Min 6 / 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
116103	A	GYMSTER	M	11-11:55AM	1/12-3/2	ELRC-MPR	\$56
116103	B	GYMSTER	M	6:30-7:25PM	1/12-3/2	ELRC-MPR	\$56
116103	C	GYMSTER	T	5:30-6:25PM	1/13-3/3	ELRC-MPR	\$56
116103	D	GYMSTER	W	4:30-5:25PM	1/14-3/4	ELRC-MPR	\$56
116103	E	GYMSTER	R	6:05-7PM	1/15-3/5	ELRC-MPR	\$56
116103	F	GYMSTER	F	10-10:55AM	1/16-3/6	ELRC-MPR	\$56
116103	G	GYMSTER	S	11-11:55AM	1/17-3/7	ELRC-MPR	\$56
216103	A	GYMSTER	M	11-11:55AM	3/23-5/4	ELRC-MPR	\$49
216103	B	GYMSTER	M	6:30-7:25PM	3/23-5/4	ELRC-MPR	\$49
216103	C	GYMSTER	T	5:30-6:25PM	3/24-5/5	ELRC-MPR	\$49
216103	D	GYMSTER	W	4:30-5:25PM	3/25-5/6	ELRC-MPR	\$49
216103	E	GYMSTER	R	6:05-7PM	3/26-5/7	ELRC-MPR	\$49
216103	F	GYMSTER	F	10-10:55AM	3/27-5/8	ELRC-MPR	\$49
216103	G	GYMSTER	S	11-11:55AM	3/28-5/16	ELRC-MPR	\$49

HOT SHOTS

Ages: 4-5. Enrollment Min 6 / Max 12. This class provides a more advanced curriculum than our preschool program. **Permission from the program director is required prior to enrollment. For more information, please call (785) 330-7355 for more information.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116104	A	HOTSHOT	M	5:10-6:25PM	1/12-3/2	ELRC-MPR	\$70
216104	A	HOTSHOT	M	5:10-6:25PM	3/23-5/11	ELRC-MPR	\$62

BEGINNING BOYS

Age: 6-9. 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
116206	A	BEGBOYS	T	5:30-6:25PM	1/13-3/3	ELRC-MPR	\$56
116206	B	BEGBOYS	R	7:05-8PM	1/15-3/5	ELRC-MPR	\$56
116206	C	BEGBOYS	S	10-10:55AM	1/17-3/7	ELRC-MPR	\$56
216206	A	BEGBOYS	T	5:30-6:25PM	3/24-5/12	ELRC-MPR	\$49
216206	B	BEGBOYS	R	7:05-8PM	3/26-5/14	ELRC-MPR	\$49
216206	C	BEGBOYS	S	10-10:55AM	3/28-5/16	ELRC-MPR	\$49

BEGINNING GIRLS

Ages: 6-9. Enrollment Min 6 / 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
116200	A	BEGGIRLS	M	6:30-7:25PM	1/12-3/2	ELRC-MPR	\$56
116200	B	BEGGIRLS	T	4:30-5:25PM	1/13-3/3	ELRC-MPR	\$56
116200	C	BEGGIRLS	W	5:30-6:25PM	1/14-3/4	ELRC-MPR	\$56
116200	D	BEGGIRLS	R	7:05-8PM	1/15-3/5	ELRC-MPR	\$56
116200	E	BEGGIRLS	S	11-11:55PM	1/17-3/7	ELRC-MPR	\$56
216200	A	BEGGIRLS	M	6:30-7:25PM	3/23-5/4	ELRC-MPR	\$49
216200	B	BEGGIRLS	T	4:30-5:25PM	3/24-5/5	ELRC-MPR	\$49
216200	C	BEGGIRLS	W	5:30-6:25PM	3/25-5/6	ELRC-MPR	\$49
216200	D	BEGGIRLS	R	7:05-8PM	3/26-5/7	ELRC-MPR	\$49
216200	E	BEGGIRLS	S	11-11:55AM	3/28-5/9	ELRC-MPR	\$49

PRESCHOOL OPEN GYMNASTICS

Our gymnastics preschool play is for children ages 2 years old to 5 years old and their parents. Preschoolers and parents are welcome to share some quality time in a fun, safe, and active environment with assistance from our highly trained instructors. Great social activity for toddlers and our space encourages activity for your little ones. **This is offered every Tuesday and Thursday from 10:30-11:30 a.m. Ratio: 2 children per parent. Cost is \$3 per child per visit at East Lawrence Recreation Center.**

Open Gym: Ages: 6-12. 1st/3rd Friday of the month from 7:30 p.m. to 9 p.m.: Jan. 16, Feb. 6, Feb. 20, March 6, April 3, April 17, May 1 and May 15. Cost is \$4 per child per visit.

SPORTS PAVILION LAWRENCE AT ROCK CHALK PARK – GYMNASTICS

100 Rock Chalk Lane

Fees for all classes listed below are collected on a monthly basis. Classes begin Monday, Jan. 5. No class March 16-22.

SPL GYMNASTICS BIRTHDAY PARTIES

Ages: 3 and Up. Join our qualified gymnastic staff for a fun-filled birthday experience. Your child will enjoy 60 minutes of supervised instruction in our gymnastics facility, plus an additional 30 minutes in the private party room. Age appropriate activities include a group warm up, followed by an obstacle course, uneven bars, balance beams, trampoline, parachute games, and more! **Parties begin at \$120* for up to 15 children. *Refreshment packages are in addition to the base price. Times: Saturday 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m. and 5 p.m. to 6:30 p.m.; Sunday 1 p.m. to 2:30 p.m. and 3 p.m. to 4:30 p.m.**

TUMBLEWEEDS

Ages: 3. Enrollment Min 6 / Max 12. Students will explore the wonderful world of gymnastics as we guide them through fun, themed obstacle courses and activities. Emphasis is on learning beginning gymnastics skills and positions, but will also work to improve motor skill development such as; coordination, balance, strength, and agility.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116000	A	TUMBWED	T	10:30-11:15AM	MONTHLY	SPL-GR	\$28
116000	B	TUMBWED	T	5:30-6:15PM	MONTHLY	SPL-GR	\$28
116000	C	TUMBWED	W	6-6:45PM	MONTHLY	SPL-GR	\$28
116000	D	TUMBWED	R	9:30-10:15AM	MONTHLY	SPL-GR	\$28
116000	E	TUMBWED	R	5:30-6:15PM	MONTHLY	SPL-GR	\$28
116000	F	TUMBWED	S	9-9:45AM	MONTHLY	SPL-GR	\$28

GYMSTERS

Ages: 4-5. Enrollment Min 6 / Max 12. Beginning gymnastics skills will be introduced through fun, themed obstacle courses and activities. Focus will be on proper body positioning and forming good gymnastics habits. New target skills will be introduced to continue building strength, agility, confidence, coordination, and social skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116001	A	GYMSTERS	T	9:30-10:25AM	MONTHLY	SPL-GR	\$28
116001	B	GYMSTERS	T	4:30-5:25PM	MONTHLY	SPL-GR	\$28
116001	C	GYMSTERS	W	5-5:55PM	MONTHLY	SPL-GR	\$28
116001	D	GYMSTERS	R	10:30-11:25AM	MONTHLY	SPL-GR	\$28
116001	E	GYMSTERS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116001	F	GYMSTERS	S	10-10:55AM	MONTHLY	SPL-GR	\$28

HOT SHOTS

Ages: 4-5. Enrollment Min 6 / Max 12. This class provides a more advanced curriculum than our preschool program. Acceptance into this class is based on the child's eagerness to learn, focus in class, and basic concept of beg level gymnastics skills. Students must have specific skills mastered prior to entering this class. **Permission from the program director is required prior to enrollment. For more information, please call (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116007	A	HOTSHOT	T	5:30-6:45PM	MONTHLY	SPL-GR	\$35



BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. This is an intro class to beginning gymnastics. Participants will be introduced to (6) of the boys gymnastics apparatuses — Parallel Bars, High Bar, Floor, Rings, Pommel Horse, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 80% of the beginning level skills prior to advancing to the next level.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116008 A	BEGBOYS	M	5:30-6:25PM	MONTHLY	SPL-GR	\$28
116008 B	BEGBOYS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116008 C	BEGBOYS	S	9-9:55AM	MONTHLY	SPL-GR	\$28

ADVANCED BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. This class is for students who have mastered *Beginning Boys* and are ready to expand their knowledge in gymnastics. Focus will be on strength, flexibility, and proper progression and technique. **Students in this program must have passed *Beginning Boys Gymnastics* or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116009 A	ADBOYS	M	6:30-7:55PM	MONTHLY	SPL-GR	\$38

BEGINNING GIRLS GYMNASTICS

Ages: 6-11. Enrollment Min 6 / Max 14. This is an intro class to beginning gymnastics. Participants will be introduced to all (4) gymnastics apparatuses- Bars, Floor, Beam, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 80% of the beginning level skills prior to advancing to the next level.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116010 A	BEGGIRL	M	4:30-5:25PM	MONTHLY	SPL-GR	\$28
116010 B	BEGGIRL	T	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116010 C	BEGGIRL	W	5-5:55PM	MONTHLY	SPL-GR	\$28
116010 D	BEGGIRL	S	10-10:55AM	MONTHLY	SPL-GR	\$28
116010 I	BEGGIRL	R	5:30-6:25PM	MONTHLY	SPL-GR	\$28

BEGINNING/INTERMEDIATE GIRLS GYMNASTICS

Ages: 11 and Up. This class is designed for MS/HS students who want to learn gymnastics or perfect the skills they already have. Focus is on strength, flexibility and proper technique.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116011 A	BEGGIRL	T	7:30-8:25PM	MONTHLY	SPL-GR	\$28

INTERMEDIATE GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for participants who have mastered all the gymnastics skills and progressions in beginning girls. Emphasis is placed on strength, flexibility and learning basic skills and body positions while increasing their time in the gym. Students in this program must have passed beginning girls or have permission from the director prior to enrollment.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116012 A	INTGIRLS	M	5-6:25PM	MONTHLY	SPL-GR	\$38
116012 B	INTGIRLS	T	6:30-7:55PM	MONTHLY	SPL-GR	\$38
116012 C	INTGIRLS	W	6-7:25PM	MONTHLY	SPL-GR	\$38

ADVANCED GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for upper level gymnasts who want to continue their gymnastics training without doing competition. **Must be tested to be approved for this class.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116013 A	ADVGIRL	MW	6:30-8:30PM	MONTHLY	SPL-GR	\$64

COMPETITIVE TEAM

Kansas School of Gymnastics is a non-subsidized competitive program of LPRD. We are members of USA Gymnastics and exceed all of the required coaching and gym standards. Competitive gymnastics requires dedication, strength, discipline and overall focus in order to be successful. We believe competitive gymnastics allows athletes an avenue to push themselves through constant critique and feedback, while continuing to achieve success. We believe in providing a healthy atmosphere where gymnasts are expected to do their best through safe and progressive coaching techniques. **Students must have successfully mastered 80% of *Beginning Girls' skills* in order to be considered for our competition team. Fees are assessed at a monthly rate.** Competition team is a 9-month commitment and requires additional expenses for competition including: leotards, warm-ups, meet fees and other expenses. **Fees are assessed at a monthly rate by LPRD.**

CLASS	DAY	TIME	HR/WK	FEE
LEVEL 1	TR	6-8PM	4	\$64
LEVEL 2	MW	4:30-6:30PM	5.5	\$88
	S	9-10:30AM		
LEVEL 2	TR	6-8PM	5.5	\$88
	S	9-10:30AM		
LEVEL 3	MW	4:30-7PM	6.5	\$104
	SU	4-5:30PM		
LEVEL 3	MW	6-8:30PM	6.5	\$104
	SU	4-5:30PM		
LEVEL 4 & 5	MW	6-8:30PM	7	\$111
	SU	4-6PM		

CHEERLEADING/TUMBLING

YOUTH CHEER

Ages: 7-11. Students will be introduced to all aspects of cheerleading— cheers, chants, dance, motions, jumps, stunting, and tumbling. Mini routines will be taught throughout the session so students can learn how to perform these skills at a performance level. Focus will be on teaching proper technique and safety, while learning how to maintain energy and perform in front of a crowd. Some tumbling will be offered, but we recommend adding the Beg/Int Tumbling class to gain the full benefit from this program.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116002 A	YOUTH	T	6:30-7:25PM	MONTHLY	SPL-GR	\$28



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MIDDLE SCHOOL/HIGH SCHOOL CHEER

Ages: 12 and Up. This class is designed for MS and HS students who want to prepare or perfect their cheerleading skills for their school teams. This class will be taught by qualified former HS or Collegiate cheerleaders. Focus is on strength, flexibility, and proper technique. Some stunting and tumbling will be offered in this class, but we recommend pairing this class with the JH/HS tumbling class to gain the full benefit.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116003 A	CHEER	T	5:30-6:25PM	MONTHLY	SPL-GR	\$28

BEGINNING/INTERMEDIATE TUMBLING

Ages: 7-11. This class is designed to focus on tumbling skills only. This is a great class for students who may be interested in cheerleading in the future or just want to perfect their tumbling.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116004 A	BEGINT	T	5:30-6:25PM	MONTHLY	SPL-GR	\$28

MIDDLE SCHOOL/HIGH SCHOOL TUMBLING

Ages: 12 and Up. This class is for all MS/HS students who want to focus specifically on tumbling skills.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116005 A	TUMBL	T	6:30-7:55PM	MONTHLY	SPL-GR	\$38

MIDDLE SCHOOL/HIGH SCHOOL CHEERLEADING/TUMBLING COMBO CLASS

Ages: 12 and Up. This combo class will incorporate cheer and tumbling. Focus is on strength, flexibility and proper technique. *Stunting and tumbling will also be part of the curriculum.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116006 A	COMBO	T	5:30-7:55PM	MONTHLY	SPL-GR	\$50

PRESCHOOL OPEN GYMNASTICS AT SPL

Our gymnastics preschool play is for children ages 2 years old to 5 years old and their parents. Preschoolers and parents are welcome to share some quality time in a fun, safe and active environment with assistance from our highly trained instructors. Great social activity for toddlers and our space encourages activity for your little ones. **This is offered every Monday from 10:15 a.m. to 11:15 a.m. and Saturdays from 11 a.m. to noon. Ratio: 2 children per parent. Cost is \$3 per child per visit at Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane.**

GYMNASTICS OPEN GYM

Open gym is unstructured but is supervised play in the Gymnastics Room at Sports Pavilion Lawrence, 101 George Williams Way, for youth ages 6 years-old to 12 years-old. No registration is required but a parent/guardian needs to sign in participant at the door. The fee is \$3 per child. Exact cash and checks accepted at the door. **Gymnastics Open Gym is held 7:30 p.m. to 9 p.m. the 2nd and 4th Friday of every month: Jan. 9, Jan. 23, Feb. 13, Feb. 27, March 27, April 10, April 24 and May 8.**

Open gymnastics High School/College — Thursdays, 8 p.m. to 10 p.m. \$3 per person starting Thursday, Jan. 8. For more information, please contact Sports Pavilion Lawrence at (785) 330-7355.

G-FORCE POWER TUMBLING/CHEERLEADING

Lawrence Parks and Recreation has teamed up with G-Force to offer recreational power tumbling and cheerleading classes along with competitive cheerleading and power tumbling teams for youth. This progressive program will keep your child challenged and motivated.

TUMBLING & TRAMPOLINE CLASSES

All "T&T" classes will include skill instruction on floor, trampoline and double-mini trampoline. Each class level follows a curriculum that will teach athletes progressively to the next ability level. Classes labeled "Junior" will work the same skills as the non-junior classes; they are specifically for younger athletes.

T&T, ADVANCED

■ Ages: 8 and Up. Enrollment Min 4 / Max 12. Advanced students will learn how to connect back handsprings, and learn back and front flips on floor. On trampoline they will learn how to combine jumps, drops and flips into a routine. They will also begin to learn different kinds of flips such as lay-outs and twisting flips on trampoline.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116425 A	ADVANC	W	4:30-5:55PM	1/7-3/4	GFORCE	\$94
116425 B	ADVANC	R	6:30-7:55PM	1/8-3/5	GFORCE	\$94
216425 A	ADVANC	W	4:30-5:55PM	3/25-5/13	GFORCE	\$84
216425 B	ADVANC	R	6:30-7:55PM	3/26-5/14	GFORCE	\$84

T&T, BEGINNING

■ Ages: 4-6, 5-8. Enrollment Min 4 / Max 12. This class will learn the importance of a great Handstand, Cartwheel, Bridge & Round-off. They will also learn how to connect skills into a series. On Trampolines they will learn basic through more advanced skills, such as belly & back drops as well as learning how to put skills together to make a routine. We also begin to focus on progression and how one strong skill prepares them to learn the next.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116412 A	T&T(5-8)	M	4:30-5:25PM	1/5-3/3	GFORCE	\$81
116412 B	T&T(4-6)	T	5:30-6:25PM	1/6-3/4	GFORCE	\$81
116412 C	T&T(5-8)	W	6:30-7:25PM	1/7-3/6	GFORCE	\$81
216412 A	T&T(5-8)	M	4:30-5:25PM	3/23-5/11	GFORCE	\$72
216412 B	T&T(4-6)	T	5:30-6:25PM	3/24-5/12	GFORCE	\$72
216412 C	T&T(5-8)	W	6:30-7:25PM	3/25-5/13	GFORCE	\$72

T&T, BEGINNER 2

■ Ages: 6-9. Enrollment Min 4 / Max 12. Athletes will continue developing the cartwheel, teach handstands and training on the Trampoline and Double Mini. **Students in this program must have passed Beginner 1 or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116430 A	BEG2	M	5:30-6:25PM	1/5-3/2	GFORCE	\$81
216430 A	BEG2	M	5:30-6:25PM	3/23-5/11	GFORCE	\$72

T&T, INTERMEDIATE

■ Ages: 6-9; 8-12. Enrollment Min 4 / Max 12. Athletes will finish up technique on round-offs, master bridge kick-overs, and learn front and back handsprings. They will also begin to learn flipping skills on trampoline such as front and back flips. Correct technique, gym etiquette and safety drills are also focused on.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116413 A	INTR(8-12)	M	4:30-5:25PM	1/5-3/2	GFORCE	\$81
116413 B	INTR(6-9)	T	6:30-7:25PM	1/6-3/3	GFORCE	\$81
216413 A	INTR(8-12)	M	4:30-5:25PM	3/23-5/11	GFORCE	\$72
216413 B	INTR(6-9)	T	6:30-7:25PM	3/24-5/12	GFORCE	\$72

T&T, INTERMEDIATE 2

■ Ages: 6-12. Enrollment Min 4 / Max 12. Athletes will continue mastering handstand and bridge variations as well as the back handspring. **Students in this program must have passed Intermediate 1 or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116431 A	INT2	R	5:30-6:25PM	1/8-3/5	GFORCE	\$81
216431 A	INT2	R	5:30-6:25PM	3/26-5/14	GFORCE	\$72

T&T, PRE-SCHOOL

■ *Ages: 3-4. Enrollment Min 4 / Max 12.* This is an introduction to skills as well as social interaction and class structure. We focus on following directions and socialization while we teach body control, coordination and fundamental tumbling skills such as rolls, cartwheels, and basic jumping technique on the trampolines including straddle & turning skills and beginning seat & doggy drops.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116411 A	PRESCHOL	M	5:30-6:15PM	1/5-3/2	GFORCE	\$81
116411 B	PRESCHOL	R	4:30-5:15PM	1/8-3/5	GFORCE	\$81
216411 A	PRESCHOL	M	5:30-6:15PM	3/23-5/11	GFORCE	\$72
216411 B	PRESCHOL	R	4:30-5:15PM	3/26-5/14	GFORCE	\$72

TRAMPOLINE

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class teaches trampoline and double-mini trampoline skills only. It is great for those who just want to learn skills and safety as well as those who enjoy trampoline in their class, and want to learn more. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116414 A	TRAMPO	W	7:30-8:25PM	1/7-3/4	GFORCE	\$81
216414 A	TRAMPO	W	7:30-8:25PM	3/25-5/13	GFORCE	\$72

TUMBLING CLASSES

These classes focus only on floor skills. Students may use the trampolines to aid in learning skills, however, they will not learn trampoline-specific skills. Those enrolling in these classes should meet the requirements and have a general knowledge of beginner and intermediate level floor skills.

TUMBLING 1

■ *Ages: 8-12, 12-18. Enrollment Min 4 / Max 12.* Students will begin learning front and back handsprings both from a standing position and after a round-off. **Requirement: Strong running round-off and an assisted back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116415 A	T(12-18)	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116415 B	T(12-18)	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116415 C	T(8-12)	T	6-6:55PM	1/6-3/3	GFORCE	\$81
216415 A	T(12-18)	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216415 B	T(12-18)	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216415 C	T(8-12)	T	6-6:55PM	3/24-5/12	GFORCE	\$72

TUMBLING 2

■ *Ages: 8-12; 12-18. Enrollment Min 4 / Max 12.* In this class students will learn running series tumbling and running round-off back handspring back-tucks. They will finish learning standing back handsprings and begin learning standing back tucks. **Requirement: unassisted round-off back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116416 A	T2(12-18)	T	7:30-8:55PM	1/6-3/3	GFORCE	\$94
116416 B	T2(8-12)	W	4:30-5:25PM	1/7-3/4	GFORCE	\$94
216416 A	T2(12-18)	T	7:30-8:55PM	3/24-5/12	GFORCE	\$84
216416 B	T2(8-12)	W	4:30-5:25PM	3/25-5/13	GFORCE	\$84



TUMBLING 3

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* Athletes in this class learn back tuck skills, how to series back handsprings into flipping skills, and they will work on combining these elements to create unique and exciting passes. **Requirements: unassisted standing back handspring and running round-off back handspring series.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116417 A	T3	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116417 B	T3	R	7:30-8:55PM	1/8-3/5	GFORCE	\$94
216417 A	T3	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216417 B	T3	R	7:30-8:55PM	3/26-5/14	GFORCE	\$84

TUMBLING 4

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* This class is for the elite athlete who has mastered the back tuck. Instructors in this class will teach flipping variations, connecting flips and twisting skills. **Requirements: unassisted standing back tuck and running round-off back handspring back-tuck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116418 A	T4	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116418 B	T4	T	7-8:25PM	1/6-3/3	GFORCE	\$94
216418 A	T4	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216418 B	T4	T	7-8:25PM	3/24-5/12	GFORCE	\$84

TUMBLING, BOYS

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class is for boys only. Taught by a male instructor, they will learn progressive tumbling skills based on the ability of the students in the class. They will also learn coordination and agility drills that are useful in many other sports! All taught in a "boy specific" style. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116419 A	BOYTUMB	W	6:30-7:25PM	1/7-3/4	GFORCE	\$81
216419 A	BOYTUMB	W	6:30-7:25PM	3/25-5/13	GFORCE	\$72

SKILL CLASSES

For more information about the following specialty classes, please contact G-Force at (785) 843-5387. Back Handspring 1 and 2, Back Tuck 1 and 2, Front Tumbling and Twisting and Tricks.

TRYOUTS FOR COMPETITIVE SQUADS

Open to all ages. Tryouts will be held from 9-11 a.m. for ages 11 and under, and from 1-3 p.m. for ages 12 and over on Saturday, April 18. A parent meeting will take place during both tryout times. All qualified participants will receive a summer schedule for practices at the parent meeting. Additional paperwork and fees are required for team participants by Lawrence Parks and Recreation.