

GYMNASTICS

Sponsored by New Hope Parks & Recreation

Get ready for another exciting season of Gymnastics! Instruction will be given in the vault, beam, bars and floor exercise. Classes are taught by Gymnastics Coordinator Rhonda Bitzer and her quality staff.



Location: Sandburg Middle School (Gym D)
2400 Sandburg Lane, Golden Valley

Tuesdays: September 17-November 12

Wednesdays: September 18-November 20
(no class 10/16)

Thursdays: September 19-December 5
(no class 10/17, 10/31, 11/28)

Saturdays: September 21-November 23 (no class 10/19)

Beginner Ages 4-5

210801-C: Wednesdays, 6:15-7 p.m.

210801-D: Thursdays, 4-4:45 p.m.

210801-F: Saturdays, 9-9:45 a.m.

Fee: \$67 Residents of New Hope and Golden Valley
\$74 Nonresidents

Beginner-Intermediate Ages 6+

210804-C: Beg/Adv Beg 6-10 Wednesdays, 7-8 p.m.

210802-D: Beg/Adv Beg 6-10 Thursdays, 4:45-5:45 p.m.

210802-F1: Beg/Adv Beg 6-10 Saturdays, 9:45-10:45 a.m.

210802-F2: Beg/Adv Beg 6-10 Saturdays, 12-1 p.m.

Fee: \$77 Residents of New Hope and Golden Valley
\$84 Nonresidents

210803-B1: Intermediate 6+ Tuesdays, 5:30-6:45 p.m.

210804-D: Beg/Interm 10+ Thursdays, 5:45-7 p.m.

210803-F1: Intermediate 6+ Saturdays, 10:45 a.m.-12 p.m.

210803-F2: Intermediate 6+ Saturdays, 12-1:15 p.m.

Fee: \$88 Residents of New Hope and Golden Valley
\$95 Nonresidents

Advanced/Advanced 2

210805-F: Saturdays, 1:15-3:30 p.m.

210805-B1: Tuesdays, 6:45-9 p.m.

Fee: \$149 Residents of New Hope and Golden Valley
\$156 Nonresidents

\$253 Two advanced courses for the same student
(Nonresidents of New Hope and Golden Valley add \$7)

TUMBLING TOTS

PARENT/CHILD CLASS

This is a great program to start your pre-schooler, on their way to developing basic gymnastics and tumbling skills. The kids will develop gross motor skills through tumbling, get an introduction to the various pieces of gymnastics equipment, and have lots of fun and games.

Dates: Wednesdays, September 18-November 20
(no class 10/16)

210806-C1: Ages 2-3 4:45-5:30 p.m.

210806-C2: Ages 3-4 5:30-6:15 p.m.

Location: Sandburg Middle School (Gym D)
2400 Sandburg Lane, Golden Valley

Fee: \$59 Residents of New Hope and Golden Valley
\$66 Nonresidents

Register With:

New Hope Parks & Recreation
4401 Xylon Avenue North
New Hope, MN 55428

Refunds, program credits and transfers are allowed up to one week before the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Participants should attend the first class, unless you are informed that the class is filled or cancelled. Questions? Call 763-531-5151.

Online registration! Go to webtrac.nhrecexpress.com

Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account.

Questions? Call 763-531-5151



www.facebook.com/newhoperecreation

Gymnastics Classes- Fall 2019

Name _____ Phone(h) _____ (c) _____

Address _____ City _____ Zip _____

Birthdate _____ Age _____ Grade _____ Sex (M or F) _____ Parent/Guardian _____

Course _____ Dates _____ Time _____ Amount Enclosed \$ _____

Does participant have a special need? _____ Email _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____

Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security Code _____

Gymnastics Class Definitions

Beginner: Little or no gymnastics experience.

Advanced Beginner: For those who have mastered squat-through and straddle-over at first height level (vault); Six swings with regrasp to landing on feet, pullover and cast (bars); All walks and dismounts with no help (beam); Positions, jumps, rolls and cartwheels (floor).

Intermediate: With instructor approval, for those who have mastered squat-through and straddle-over at second height level (vault); Back hip circle and casting sole circle (bars); Scales, turns, basic jumps and higher level walks (beam); Higher level jumps, leaps, roundoff, handstand variations (floor).

Advanced: With instructor approval, for those who have mastered hands-on, feet-on, handstand-off (vault); Long hang pullover (bars); All jumps, forward roll, front handspring dismount (beam); Back walkover, front handspring (floor).