

Gymnastics



Gymnastics

Holland Recreation Division offers the following courses for Gymnastics during the summer:

Beginner: This is the introductory level gymnastics class for children ages 5 and up. No prior gymnastics experience is required.

Session 1: June 11-June 28, 2012. 10:00-11:00am

Session 2: July 9-July 26, 2012. 10:00-11:00am

Advanced Beginner: Basic gymnastics skills are required such as forward roll on the floor, skipping, and walking backward on the beam along with the ability to follow directions for an obstacle course.

Session 1: June 11-June 28, 2012. 11:00am-12:00pm

Session 2: July 9-July 26, 2012. 11:00am-12:00pm

Intermediate: This class requires mastery of basic tumbling such as cartwheels, handstands and round-offs. A back handspring is NOT required for this class.

Session 1: June 11-June 28, 2012. 12:00-1:00pm

Session 2: July 9-July 26, 2012. 12:00-1:00pm

Mommy and Me: This is an interactive parent and child experience designed for children ages 2 - 5 years. Basic listening, following directions and body awareness skills will be learned. To be accepted into this class, a parent, guardian or person over age 18 with whom the child feels comfortable, MUST participate with the child in every class to help guide and encourage them.

Session 1: June 11-June 28, 2012. 9:15-10:00am

Session 2: July 9-July 26, 2012. 9:15-10:00am

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All gymnastic classes will be held at Holland New Tech School, 36 E. 24th St, Holland

Registration Deadline: Session 1: May 31 (online); June 1 (office by 5:00pm)
Session 2: June 28 (online); June 29 (office by 5:00pm)

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