



Arcata Recreation Gymnastics



Students are coached through skill progressions developed by USA gymnastics on the bars, beam, vault and floor. This is a non-competitive program focusing on fitness and fun. Not sure what the best placement for your child is?

We'd be happy to help find the best fit. Ask us about an assessment with one of our instructors.

Gymnasts typically repeat the same level multiple times before being moved up by their instructor.

Winter Session: Jan. 12 - March 6

(No classes President's week Feb. 16 - 20)

<p>Super Springers: The perfect class for a young gymnast who is new to gymnastics. This age appropriate class will introduce students to the fundamentals of gymnastics. They will participate in bar, beam, vault and floor exercises. For ages 5- 7.</p>	<p>Mon. 3:30 - 4:30 w/Lucy & Elise Wed. 4:00 - 5:00 w/Lucy & Brea Fri. 4:30 - 5:30 w/Lucy & Elise</p>	<p>\$104 Resident / \$117.50 Non-Resident</p>
<p>Beginning A: This class introduces students to the fundamentals of gymnastics working on floor, bars, beam and vault. Whether your gymnast has aged out of Super Springers or is just beginning to explore the world of gymnastics they are sure to gain confidence and skill. For ages 7 and up unless approved by an instructor.</p>	<p>Mon. 4:30 - 5:30w/Lucy & Brea Fri. 3:30 - 4:30 w/Lucy & Elise</p>	<p>\$104 Resident / \$117.50 Non-Resident</p>
<p>Beginning B: For students who have had some experience and are eager to learn more! Students at this level should be confident doing handstands and cartwheels. They will continue to advance skill on all events.</p>	<p>Wed. 5:00 - 6:00 w/ Lucy & Brea Thurs. 4:00 - 5:00 w/Lucy & Brea</p>	<p>\$104 Resident / \$117.50 Non-Resident</p>
<p>Intermediate: Students entering the intermediate level make a big "Jump" in their commitment to gymnastics. Classes now meet twice a week. They will continue to be challenged on new skills for all events. Instructor approval is required to enter this class.</p>	<p>Mon. 5:30 - 6:45 Wed. 6:00 - 7:15 W/ Lucy & Brea</p>	<p>\$195 Resident / \$208.50 Non-Resident</p>
<p>Advanced: Here gymnasts will continue to expand on floor, beam, vault and bars learning high level skills. They will learn to layer skills as well as honing their finishing techniques. Instructor approval is required to enter this class.</p>	<p>Tues. & Thurs. 5:00 - 6:30 W/ Elise & Brea</p>	<p>\$240 Resident / \$253.50 Non-Resident</p>

Winter Session will culminate with a performance the week of March 9th

To register please contact the Recreation Office at 822-7091

or Enroll online by visiting: Cityofarcata.org/rec