Gymnastics Schedule - Fall 2019
Buhl Community Recreation Center

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>5:00-5:45</td>
<td>Busy Bees</td>
<td>5:00-6:30</td>
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<td>9:30-10:15</td>
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<tr>
<td>Ages 3-5</td>
<td>Lessons Available</td>
<td>Intermediate</td>
<td></td>
<td></td>
<td>Busy Bees</td>
<td>Ages 3-5</td>
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<td></td>
<td></td>
<td>Ages 6+</td>
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<td>Ages 3-5</td>
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<tr>
<td>6:00-6:55</td>
<td>Beginner 1</td>
<td>6:30-8:00</td>
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<td></td>
<td>10:15-11:15</td>
<td>Open Gym</td>
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<tr>
<td>Ages 6-7</td>
<td></td>
<td>Advanced</td>
<td></td>
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<td>Ages 6+</td>
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<td>7:00-7:55</td>
<td>Beginner 2</td>
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<td>11:30-12:30</td>
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<td>Beginner</td>
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<tr>
<td>Ages 8+</td>
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<td>Ages 6+</td>
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**GYMNASTICS SCHEDULE**
Fall 2019
14 week session begins on September 9th.

**Fall Registration**
Family Memberships only: Tuesday, August 13th 4:30pm-6:30pm
Family and Youth Memberships only: Wednesday, August 14th 4:30pm-6:30pm
Members and Non Members: Thursday, August 15th 4:30pm-6:30pm

**Busy Bees**
This 14 week program is designed for a positive and fun learning environment! Students will learn and increase their motor skills, flexibility, coordination, turn taking, listening skills and self-confidence. Students will work on getting familiar with the very basics of the beam, floor and Tumbl Trak.

**Beginner**
This 14 week program is designed to help students improve the basics of gymnastics. Students will work on improving their strength and agility along with flexibility and self-confidence. They will become more familiar with the beam, floor and Tumbl Trak while increasing their skills along the way.

**Intermediate**
This 14 week program is for students who have completed the beginner level class. Students will continue to develop their gymnastics and tumbling skills on the beam, floor and Tumbl Trak. They will also continue to build on their strength, agility and flexibility. This level requires the student to have a cart wheel, round off, back bend without assistance, and be able to walk across the beam without assistance.

**Advanced**
This 14 week program is for students who have mastered skills from the intermediate level. They will also continue to improve on strength, agility and flexibility. This level requires students to have a cart wheel and round off (both on the floor and off the beam), backbend without assistance, back walk over without assistance and pre-stages of a back handspring.

**Private Lessons**
4 one hour sessions. $60 member, $75 non members
Contact Program Director at 724-981-3700 ext. 108 to schedule.

**Open Gym**
Free for members, $5 non members