



Gymnastics Schedule- Fall 2019

Buhl Community Recreation Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:45 Busy Bees Ages 3-5	Private Lessons Available	5:00-6:30 Intermediate Ages 6+			9:30-10:15 Busy Bees Ages 3-5	
6:00-6:55 Beginner 1 Ages 6-7		6:30-8:00 Advanced Ages 6+			10:15-11:15 Open Gym	
7:00-7:55 Beginner 2 Ages 8+					11:30-12:30 Beginner Ages 6+	

**GYMNASTICS
SCHEDULE
Fall 2019**

14 week session
begins on
September 9th.

**More
Information**

Please contact:
Michelle Bower
Program Director
724-981-3700,
ext. 108
mbower@
fhbuhlclub.org

Fee:
14 week session
\$60 member
\$120 non
member

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