

# Gymnastics

Sponsored by New Hope Parks & Recreation

Get ready for another exciting season of gymnastics! Our quality gymnastics staff will continue to provide their expertise to help participants achieve better physical fitness, coordination, and gymnastics skills--all while having a great time! Instruction will be given in the vault, beam, bars and floor. The program has an ability-level curriculum designed to help you determine which class is best for your child.

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

**Tuesdays:** September 20-November 15  
**Wednesdays:** September 21-November 16  
**Thursdays:** September 22-December 1  
**Saturdays:** September 17-November 19  
(no class 10/20, 10/22, 11/24)

## Beginner Ages 4-5

**210801-C:** Wednesdays, 6:30-7:15 p.m.  
**210801-F:** Saturdays, 9:15-10 a.m.  
**Fee:** \$72 Residents of New Hope and Golden Valley  
\$79 Nonresidents

## Beginner-Intermediate Ages 6+

**210802-C:** Beg/Adv Beg 6-10 Wednesdays, 7:15-8:15 p.m.  
**210802-D:** Beg/Adv Beg 6-10 Thursdays, 5-6 p.m.  
**210802-F1:** Beg 6-10 Saturdays, 10-11 a.m.  
**210802-F2:** Beg 6-10 Saturdays, 11 a.m.-12 p.m.  
**Fee:** \$82 Residents of New Hope and Golden Valley  
\$89 Nonresidents

**210803-B1:** Intermediate 6+ Tuesdays, 5:15-6:30 p.m.  
**210804-D:** Beg/Interm 10+ Thursdays, 6-7:15 p.m.  
**210803-F2:** Intermediate 6+ Saturdays, 12-1:15 p.m.  
**Fee:** \$93 Residents of New Hope and Golden Valley  
\$100 Nonresidents

## Advanced/Advanced 2

**210805-F:** Saturdays, 1:15-3:15 p.m.  
**210805-B1:** Tuesdays, 6:30-8:30 p.m.  
**Fee:** \$139 Residents of New Hope and Golden Valley  
\$228 Two advanced courses for the same student  
(Nonresidents of New Hope and Golden Valley add \$7)



## Tumbling Tots

### Parent/Child Program

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. A parent must participate!

**Dates:** Wednesdays, September 21-November 16

**210806-C1:** Ages 2-3 5-5:45 p.m.  
**210806-C2:** Ages 3-4 5:45-6:30 p.m.

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

**Fee:** \$65 Residents of New Hope and Golden Valley  
\$72 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 prior to the start of the program. In the event of illness or injury, refunds may 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](http://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](http://www.facebook.com/newhoperecreation)

## Gymnastics Classes- Fall 2022

Name \_\_\_\_\_ Phone(s) \_\_\_\_\_

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).

**Advanced 2:** For those who have mastered front handspring (vault); Flyaway, kip on low bar (bars); Back walkover, hands-free dismount (beam); Roundoff to back handspring (floor).