

### Class Descriptions:

**Mommy & Me-** for both boys and girls, walking – 3yrs old. This class is an exploratory class, with a basic introduction to gymnastics, motor skills, fun and games.

**Preschool Gymnastics 3-4yr old-** for both boys and girls. Structured introductory to gymnastics to build strength, flexibility and hand-eye coordination.

**Beginner Girls 5-6yr old-** Structured gymnastics class to build strength, flexibility and hand-eye coordination.

**Beginner Girls Ages 6+**  
**Intermediate Girls Ages 6+**  
**Advanced Girls Ages 6+**

**Beginner Boys Ages 4-6 and 6+**

All the above classes follow the guidelines set forth by USA Gymnastics to build strength, flexibility, hand-eye coordination and build self-esteem.

**Cheernastics Ages 6+** This class will concentrate on working arm motions, jumps and tumbling skills and drills.

**Tumbling Classes Ages 6+**

For both boys and girls.  
Offering Beginner/Intermediate working on cartwheels, front and back walkovers, round offs and drills for back handsprings.  
Advanced Tumbling working on running tumbling and connections to take your tumbling to the next level!

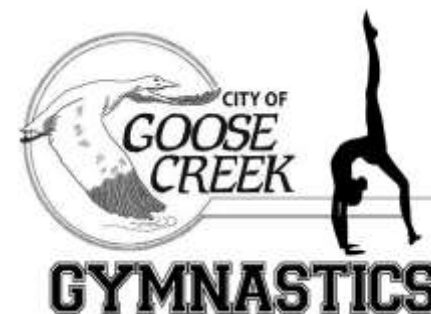
It is our mission here at the City of Goose Creek Gymnastics to serve the community, providing positive experiences for its children. We strive to nurture the children with whom we work toward strong, positive self-images through their participation and achievement in gymnastics in a fun, friendly and safe environment!

Proud members of USA Gymnastics



**Competitive Gymnastics Teams!**  
**We offer Pre-Team, USA Gymnastics Junior Olympic Levels 2-10, All Xcel Levels and TOPs**

**All by invitation only. Want more info: Contact Coach Stacey**



## **2017- May 2018 Recreational Gymnastics, Cheernastics and Tumbling Class Schedule**

Located at: Casey Community Center  
101 Old Moncks Corner Road  
Goose Creek, SC 29445  
Phone: 843-572-1321  
Website: [www.cityofgoosecreek.com](http://www.cityofgoosecreek.com)  
Twitter: @SCroston\_Gym

Class	Cost	Monday	Tuesday	Wednesday	Thursday	Friday
Mommy & Me (45 Minutes) Ages: Walking -3yr old	\$35/R \$40/NR \$15 Registration Fee				10:00-10:45	
Preschool (45 Minutes) Ages: 3-4yr old	\$35/R \$40/NR \$15 Registration Fee	3:15-4:00	3:15-4:00 5:15-6:00	3:15-4:00	11:00-11:45 3:15-4:00 5:45-6:30	6:15-7:00
Beginner Girls (1 hour) Ages: 5-6yr old	\$45/R \$50/NR \$25 Registration Fee	4:15-5:15	6:00-7:00	4:15-5:15	4:00-5:00	4:15-5:15
Beginner Girls (1 hour) Ages: 6+	\$45/R \$50/NR \$25 Registration Fee	5:15-6:15 6:15-7:15	4:00-5:00	5:15-6:15 6:15-7:15	4:30-5:30 5:00-6:00	5:15-6:15
Intermediate Girls (1 hour) Ages: 6+	\$45/R \$50/NR \$25 Registration Fee	6:15-7:15		6:15-7:15	6:00-7:00	6:15-7:15
Advanced Girls (1 hour) Ages: 6+	\$65/R \$70/NR \$25 Registration Fee		5:00-7:00			
Beginner Boys (1 hour) Ages: 4-5yr old	\$45/R \$50/NR \$25 Registration Fee				4:00-5:00	
Beginner Boys (1 hour) Ages: 6+	\$45/R \$50/NR \$25 Registration Fee		5:00-6:00		5:00-6:00	
Tumbling-Boys & Girls (1 hour) Ages: 6+	\$45/R \$50/NR \$25 Registration Fee			Beg/Int. 5:15-6:15 6:15-7:15	Advanced 6:30-7:30	
Cheernastics (1hour) Ages: 6+	\$45/R \$50/NR \$25 Registration Fee	4:30-5:30				

\*ALL CLASS PRICING IS FOR 1 CLASS PER WEEK

**Class Attire:**

**Boys:** wear shorts and t-shirt. **Girls:** are encouraged to wear leotards, but may wear shorts and t-shirt.  
If long hair, we asked that it is secured away from the face. Tumbling and Cheernastics Classes: shorts and a t-shirt.  
**NO SOCKS OR JEWELRY ALLOWED!**

Want to take two classes a week?  
It's only an additional \$20/R and \$25/NR per month