

Gymkhana Gymnastics Summer 2009

Classes

INFANT/TODDLER GYM CLASSES- for children ages 6 weeks to 36 months, A parent /child development program, lets you have fun while helping your child master important developmental tasks.

Diaper Gym (6 weeks to 12 months) Classes focus on infant stimulation, massage and exercise, active play, moving to music and baby social skills.

Toddler Gym (12 to 24 months) Introduces a gross motor obstacle course, "Silly Pool", circle games, tumbling & a "hands on center" for fine motor skills.

Mini Gym (24 to 36 months) Expands on Toddler Gym to include a more structured obstacle course with specific developmental skills on the equipment as well as special theme learning centers.

Mini Gym Plus (28 months & up) Half of the class time is spent in the "big gym" orienting the children to the full size equipment then going to the Mini Gym to practice newly learned skills.

All of the above programs include play on specialized equipment, sensory experiences, silly pool (filled with fun, safe items) and a "hands on center" for fine motor development. Children must be in bare feet for this class. Grown-ups must remove their shoes.

4 week session #1 6/15-7/11- \$50

4 week session 1 for Mini Gym Plus 6/15-7/11- \$58

4 week session #2 8/1-8/28- \$50

4 week session #2 for Mini Gym Plus 8/1-8/28- \$58

Diaper Gym- Friday 10:15-11am

Toddler Gym- Monday 6:15-7pm, Thursday 6-6:45pm, Friday 9:15-10pm, Saturday 10:15-11am

Mini Gym- Monday 7:15-8, Thursday 7-7:45, Friday 11:15-12, Saturday 10:15-11

Mini gym plus- Friday 12:30-1:30

GYMNASTICS DEVELOPMENT CLASSES- for children ages, 2 ½-6 years. Our pre-school program introduces children to basic skills and coordination tasks on adapted Olympic size equipment including the balance beam, parallel bars, uneven bars, rings, trapeze, goliath trampoline, tumble trak and mini tramp. Class atmosphere reflects a positive environment where children can have fun while they develop coordination, gymnastic skills, balance and self confidence. The emphasis of the program is recreational and focuses on getting children to try new skills, positively reinforcing the attempts, giving the child a positive attitude towards new situations and pure physical fun. Classes are offered for children 2 ½-6 years of age. The 2 ½ year olds are required to bring a grown-up with them to class. The class times are divided by age. Students should register for their current age group. All of the classes are similar in content, but vary in approach and expectations.

4 week session #1 6/15-7/11- \$50

2 ½ yr- Friday 11-11:45, Saturday 9:15-10

3&4 yr- Monday 6:15-7, 7:15-8, Wednesday 1:15-2, Thursday 6-6:45, 7-7:45, Friday 9:15-10, Sat 10:15-11

5&6 yr- Monday 6:15-7, Wednesday 2:15-3, Thursday 7-7:45, Friday 10-10:45, Saturday 11:15-12

RECREATIONAL GYMNASTICS CLASSES- for children ages 6-16 years. These classes are for a new beginner as well as a continuing student still at the beginner or intermediate level or preparing for the competitive level. Instruction includes basic gymnastics skills and techniques using all of the Olympic apparatus, plus Goliath trampoline, tumble trak and mini tramp. Children are evaluated and placed into appropriate age and ability groups within their class times. Students may move from one level to the next by passing skill requirements. A student to teacher ratio of 8 to 1 is maintained in these classes.

4 week session #1, 6/17-7/8- \$74

4 week session #2, 8/5-8/26- \$74

Wednesday 5:45-7pm

TUMBLING- for children ages 6-18 years. Gymkhana is offering classes for girls and boys interested in tumbling. Students will be taught skills (cartwheels, handsprings, flips & more) through training on our regulation spring floor and trampolines. All tumbling skills are directly applicable to cheerleading.

4 week session #1 - 6/17-7/8- \$50

4 week session #2 – 8/5-8/26- \$50

Wednesday 5:45-7pm

OPEN GYM- 6-18 years. Practice time to work on the skills introduced during class. Limited space, filled on a first come first served basis. Yearly membership fee **MUST** be current. (must be a past or present Gymkhana student)

Dates: 6/17, 6/24, 7/1, 7/8, 8/5, 8/12, 8/19, 8/26

\$15 each visit (\$35 family fee **MUST** be current)

Wednesday 7-8:15pm

ADULT GYM- 18 years and up

\$20 each visit (\$35 family fee **MUST** be current)

Wednesday 8:15-9:00

GYMKHANA'S KHIDS KAMP 2009

A Gymkhana favorite, this unique half day camp is available to 3-8 year olds. Your child will be introduced to a fun-filled variety of physical, social, and creative activities by experienced professionals.

Gymkhana's pre school lesson plans, recognized as Pittsburgh's premier program, using all of the gymnastics equipment including: floor exercise, balance beam, rings, uneven bars, mini trampoline, tumble trak and the goliath trampoline. Group activities including trips to The Climbing Wall, The Rope Climb & Swing, 50' Zip Line, 20' Cargo Net, 22' Giant Inflatable Slide, Dry Land "Wacky" Water Games, Parachute Play, Obstacle Courses, Craft Activities, Magic Rope, and **MUCH** more. Campers are grouped by age & supervised at all times. They will receive a snack each day. (Kosher snacks available upon request.) Experience the thrill of such a wide variety of activities, sure to bring a smile to your Kampers face. A special Gymkhana Kamp T- shirt is also included! Space is limited and will be filled on a first come first served basis. Children **MUST** be potty trained.

RATES	DATES	DAYS	TIMES
\$131 session #1	June 8-12	Mon-Fri	9am-12pm
\$131 session #2*	July 20-24	Mon-Fri	1pm-4pm
\$131 session #3*	August 10-14	Mon-Fri	1pm-4pm
\$131 session #4a	August 17-21	Mon-Fri	9am-12pm
\$131 session #4b*	August 17-21	Mon-Fri	1pm-4pm
\$131 session #	August 24-26	Mon-wed	9am-12pm

* These Kamp weeks may be combined with AM-PM Kids Kamp sessions. Sports Kamp sessions 1 & 4 may also be combined in this way. Campers are welcome to stay from 9am-4pm. You must bring a bag lunch for all children attending AM & PM sessions. The cost is \$258

SPORTS KAMP 2009

Does your child like Basketball, Baseball, Football & Soccer? How about Volleyball, LaCross, Gymnastics, Frisbee or Golf? Sounds like too much fun, doesn't it? Well it's true! We'll show your sports fanatics the basics and work on developing skills and techniques so they can excel! We'll round out the week's activities with our kamp favorites; trips to The Climbing Wall, The Rope Climb & Swing, 50' Zip Line, 20' Cargo Net, 22' Giant Inflatable Slide!! Kampers are grouped by age & supervised at all times. They will receive a snack each day. (Kosher snacks available upon request.) A special Gymkhana Kamp T- shirt is also included! Space is limited and will be filled on a first come first served basis. Children **MUST** be potty trained. This action packed kamp is available to 4-9 year olds

RATES	DATES	DAYS	TIMES
\$131 session #1*	July 20-24	Mon-Fri	9am-12pm
\$131 session #2	August 3-7	Mon-Fri	9am-12pm
\$131 session #3	August 3-7	Mon-Fri	1pm-4pm
\$131 session #4*	August 10-17	Mon-Fri	9am-12pm

DOUBLE DELIGHT KHIDS KAMP 2009

This creative half day program is available to 3-8 year olds from 9am-12pm, with different theme activities. Each session will also Gymkhana's famous gymnastics activities and many and many of our tried and true Khids Kamp favorites mentioned above. This Kamp is a great way to introduce younger children to a camp environment. Kampers are grouped by age & supervised at all times. They will receive a snack each day. (Kosher snacks available upon request.). Children **MUST** be potty trained and separate from their parents **AND** parents from their children. Children will receive a participation certificate and Gymkhana's unique Khids Kamp T-shirt. Sign up for one or more sessions today, your kamper is sure to enjoy them all!

RATES	DATES	DAYS	TIMES
\$66 session #1	June 15, 16	Mon-Tues	9am-12pm
\$66 session #2	June 17, 18	Wed-Thurs	9am-12pm
\$66 session #3	June 22, 23	Mon-Tues	9am-12pm
\$66 session #4	June 24,25	Wed-Thurs	9am-12pm
\$66 session #5	June 29, 30	Mon-Tues	9am-12pm
\$66 session #6	July 1, 2	Wed-Thurs	9am-12pm
\$66 session #7	July 6, 7	Mon-Tues	9am-12pm
\$66 session #8	July 8,9	Wed-Thurs	9am-12pm

GYM CAMP 2009

Gymkhana is offering a full day gymnastics camp designed for beginners through intermediate level gymnasts. This camp is for boys and girls who enjoy participating in a broad range of physical activities with the emphasis on **FUN THROUGH GYMKHANA**. Instruction will include progressions on all of the Olympic apparatus; floor exercise (tumbling), vaulting, rings, balance beam, uneven bars, horizontal bar, pommel horse, parallel bars as well as trampoline, tumble trak, and mini tramp. All gymnastics are broken down into easy to learn progressions to promote a safe and efficient learning environment.

Other exciting activities include: swimming at a local swim club, indoor rock climbing on The Climbing Wall's 30' indoor mountain, gliding along our 50' zip line, scaling the heights of our 20' cargo net, the 22' giant inflatable slide, a variety of sports activities, along with arts and crafts and Gymkhana's famous obstacle courses. Morning and afternoon snacks are provided. All campers must bring a bag lunch. Our special Gymkhana camp T-shirt will be presented to each camper at the end of the week. Don't delay, camp size is limited and spaces will be filled on a first come first served basis. Register early to ensure your space in Gymkhana's Gym Camp 2009!

RATES	DATES	DAYS	TIMES
\$278 session #1	July 13-17	Mon-Fri	9am-5pm
\$278 session #2	July 27-31	Mon-Fri	9am-.5pm

**Gymkhana Gymnastics
Summer Camp Registration 2009**

Name: _____ M ___ F ___

Name: _____ M ___ F ___

Birthdate ____/____/____ Home Phone # _____ Cell# _____

Address _____

City _____ State _____ Zipe code _____

E-Mail Address _____

Program Desired: (Please circle ALL that apply)

- Infant Toddler Gym** Day & Time _____ Session #1 Session #2
- Gymnastics Development Classes** Day & Time _____ Session #1
- Recreational Classes** Session #1 Session #2
- Tumbling** Session #1 Session #2
- Khids Kamp** Session #1 Session #2 Session #3 Session #4a Session #4b Session #5
- Double Delight** Sess #1 Sess #2 Sess #3 Sess #4 Sess #5 Sess #6 Sess #7 Sess #8
- Sports Kamp** Session #1 Session #2 Session #3 Session #4
- Gym Camp** Session #1 Session #2

Please circle your t-shirt size for camps only

Youth S M L Adult S M L XL

Please mail the completed form along with the \$40 non- refundable deposit per class or camp to:

**Gymkhana Gymnastics
7501 Penn Ave.
Pittsburgh, PA 15208.**

Phone# 412.247.4800

Fax# 412.247.1355

gymkhanafun@verizon.net

www.gymkhanafun.com