

Gymnastics Schedule

For more information contact Gymnastics Administrative Director Stacey Hatch at stacey@mbjcc.org or x222

12/17/20

MONDAY
16 Week Session

9:15 - 10 AM
Lil' Tumblers
13 - 24 Month
\$255 | Members: \$180
Follows the Parent Place Schedule

10:15 - 11 AM
Tots
3 - 4 Years
\$450 | Members: \$320

4 - 4:50 PM
Beginner
4 - 5 Years
Location: 2nd Floor Rec Room
450 | Members: \$320

4 - 5:30 PM
Intermediate
6+ Years
\$545 | Members: \$415

5 - 5:50 PM
Beginner
6+ Years
Location: 2nd Floor Rec Room
\$450 | Members: \$320

TUESDAY
18 Week Session

3 - 3:50 PM
Beginner
3 - 5 Years
\$505 | Members: \$360

4 - 4:50 PM
Beginner
6+ Years
\$505 | Members: \$360

5 - 6:30 PM
Pre-Team
Invite Only

7 - 8 PM
Tumbling
Intermediate/ Advanced
\$615 | Members: \$470

WEDNESDAY
19 Week Session

9:15 - 10 AM
Lil' Tumblers
2 - 3 Years
\$310 | Members: \$220
Follows the Parent Place Schedule

10:15 - 11 AM
Tots
3 - 4 Years
\$535 | Members: \$380

3 - 3:50 PM
Beginner
5 - 7 Years
\$535 | Members: \$380

4 - 5:30 PM
Intermediate
6+ Years
\$645 | Members: \$495

5 - 6:30 PM
Advanced
8+ Years
\$645 | Members: \$495

THURSDAY
18 Week Session

3 - 3:50 PM
Beginner
3 - 5 Years
\$505 | Members: \$360

4 - 4:50 PM
Beginner
6+ Years
\$505 | Members: \$360

5 - 6:30 PM
Pre-Team
Invite Only

5 - 5:50 PM
Beginner
5-7 Years
Location: 2nd Floor Rec Room
\$505 | Members: \$360

FRIDAY
18 Week Session

9:15 - 10 AM
Lil' Tumblers
13 - 24 Month
\$255 | Members: \$180
Follows the Parent Place Schedule

3 - 3:50 PM
Beginner
5 - 7 Years
\$505 | Members: \$360



MBJCC GYMNASTICS TEAM

The MBJCC Gymnastics Team consists of Pre-Team and 5 competitive levels. Pre-Team is designed for those gymnasts that have the desire and motivation to work hard and show a potential for competitive gymnastics. Levels 1 - 5 follow the USA Gymnastics program Guidelines.

All children must try out to be part of the MBJCC Gymnastics Team. Children will be placed accordingly based on the Coaches' discretion after tryouts. The competitive season runs September through May and therefore requires a full year commitment.

PRACTICES Practice days and times to be determined after tryouts.

Pre-Team & Level 1 • Twice/week | Level 2 • Three times/week | Level 3+ • Four times/week



Friday, March 26 • Teacher Planning Day
Monday, March 29 • Friday, April 2: Passover Break
Thursday, April 15 • Yom Ha'atzmaut Celebration

TRANSPORTATION FROM SCHOOL

FEES: M: \$225 | Tu: \$250 | W:\$265 | Th: \$250 | F: \$235

North Beach Elementary School & Ruth K Broad:
M, Tu, Th & F • 2 pm & 3:05 pm | W • 2 pm

Casa Dei Bambini & St. John Montessori: M - F • 2:45 pm



- Advanced Registration required.
- Minimum registration is required to provide a transportation route.
- Limited spots available, one child per seat (siblings can sit together)
- Masks worn at all times by children and staff.
- If a transportation route student is exposed to Covid-19 or tests positive, all students on that specific route will need to quarantine for 14 days.

Please visit www.mbjcc.org/transportation for a full list of Transportation Covid-19 Protocols and Procedures

Sunday, May 9 • Mother's Day
Monday, May 17 - Tuesday, May 18 • Shavuot
Sunday, May 30 - Monday, May 31 • Memorial Day Weekend

HOLIDAY CLOSINGS
Monday, January 18 • MLK Jr. Day
Monday, February 15 • President's Day
*Payment plans available please inquire.

IMPORTANT PARENT INFORMATION: NEW Covid-19 Safety Guidelines for youth classes at the MBJCC.

- Everyone is required to wear a face covering
- Please practice physical distancing
- Limited spaces available in all programs
- Drop off/Pick up your children by carpool only - A staff member will be available at designated program start/end times to walk your child
- No parent observation of classes, unless parent participation is required in the class
- Bring your own water bottle - Water fountains are for refill purposes only and closed for general drinking
- Daily health screenings and temperature checks - download the "LiveSafe" app to fill out the MBJCC's Digital Health Questionnaire
- Quarantine required for 14 days if traveled outside of the United States or have been exposed to COVID-19 within the last 14 days
- If your child/family is in quarantine from school or other facilities, the quarantine period also applies to the MBJCC facility - You will not be allowed to enter or attend programs.



Visit www.mbjcc.org to view our full MBJCC COVID-19 Protocols & Procedures

Every child progresses at different rates and times; for that very reason, there is never any pressure to attain certain skills, advance to another level or try and keep pace with any other participants in their class. We embrace individuality and celebrate success at all levels!

TOT GYMNASTICS

Children are introduced to each gymnastics apparatus and taught introductory gymnastics skills and body positions that help develop coordination, balance, strength, and body awareness. Children will also learn valuable social skills, such as working with a group, waiting your turn, listening to directions, and following directions.

BEGINNER GYMNASTICS

For those with limited or no gymnastics experience. At this level, gymnasts are taught the basic tumbling skills such as forward rolls, cartwheels, and handstands while building self-esteem and self-confidence. Children will continue to be introduced to all Olympic events, including vault, uneven bars, and balance beam with a focus on flexibility, coordination, and strength. As the children progress, they will begin to learn simple gymnastics routines and focus more on correct form.

INTERMEDIATE GYMNASTICS

Gymnasts at this level must have met the requirements in the beginner level with good form and technique as this class is designed to continue to build upon that foundation. While the basics are always reviewed and applied, it is now time to challenge what they've learned, refine their skills and develop more advanced techniques of execution on each gymnastics apparatus. In an ever evolving sport, they will be exposed to more practice time and even some conditioning.

ADVANCED GYMNASTICS

Gymnasts at this level must have met the requirements for the Intermediate level. Now that their skills have developed, strength has increased, focus has lengthened and awareness has peaked, gymnasts will approach some of the most complex and intricate skills in recreational gymnastics! It's not just about skills... conditioning and flexibility play a huge role as the difficulty level has been amplified exponentially! This class offers strength, intensified skill development and perfection in addition to more equipment exposure all adding up to an ideal class for a girl wanting to be known as a gymnast.

LIL' TUMBLERS

PREREQUISITE: MUST BE WALKING*

This gymnastics class offers an age-appropriate introduction to gymnastics using creative expression and movement through the use of playful games and all of the gymnastics equipment with lots of parental hands-on assistance. Parental involvement provides toddlers with a comfortable environment in preparation for the transition to independent gymnastics classes. Children will bounce, swing, and roll their way through this class.

PRE-TEAM INVITE ONLY

The Pre-Team Program was created for those children who demonstrate natural flexibility and strength and have a strong desire to perform gymnastics. The primary objective of the Pre-Team program is to provide your child with the necessary foundation to perform competitive gymnastics. The main focus will be on developing strength, flexibility, and reinforcing the proper body positions to perform complex gymnastics skills. All Pre-Team members will be evaluated four times a year for the option to move to the Level 1 Team if they desire.

