



Gymnastics Classes

Ages 2 ½ and up

Dance/Warm-up Routines * Ribbon and Hoop Routines
 Tumbling * Incline Mat * Mailbox Mat * Octagon Mat
 Single Bar * Parallel Bars * Balance Beam * Parachute * Fun Tunnel
 Stretching and Conditioning Exercises * Creative Movement Activities

Junior Gym is a quality gymnastics program offered in area schools and preschools. We believe it is important to build a sound basis for physical activity in the early years. Our program is a fun and positive experience, which will teach your child basic gymnastics and movement. It is designed to improve your child's gross motor development, coordination, balance, strength, flexibility and body awareness.

Classes are scheduled one day per week, with four (4) lessons given each month. The fee is \$35 per month, if received by the 10th of the month. The fee will be \$40 after the 10th, once you have joined the program. Checks should be made payable to Junior Gym, and cash payments must be clearly marked. The new gymnast registration fee is \$10. The yearly renewal fee, for continuing gymnasts, is \$5.

The program is directed by Jennifer Ault. Jennifer has been certified by USA Gymnastics to teach Level 1, and has over 20 years of preschool and youth coaching experience. If you have any questions or comments, you can reach Jennifer at 906-9629.

Enjoy the convenience of this quality program brought to your child's school! To register, complete a registration form and return it to the school, along with the first month's payment.

Junior Gym Gymnastics Registration

Child's Name _____ Preschool _____

Parent's Name _____

Address _____ Zip Code _____

Phone Numbers: Home _____

Mother-Work _____ Cell _____

Father-Work _____ Cell _____

Email Address _____

Child's Age _____ Birth Date _____

Please clearly explain any disabilities or health problems your child has, and any limitations they may impose:

My son or daughter _____ has my permission to participate in the "Junior Gym" gymnastics program. I understand that by participating in this activity, there is a possibility of accidental physical injury. I agree to assume the risk of any adverse effects on him/her due to participation in this activity.

Signature of Parent/Guardian

Date