

FALL GYMNASTICS SCHEDULE



NEW SCHEDULE BEGINS THE WEEK OF AUGUST ???

ALL CLASSES ARE \$10.00 UNLESS OTHERWISE STATED
A \$5.00 GUEST FEE WILL BE INCLUDED FOR NON MEMBERS

FOR MORE INFORMATION PLEASE EMAIL

HAMPTON@DVAC.CLUB

OR CALL

[\(828\) 262-3337](tel:(828)262-3337)

PRIVATE LESSONS ARE ALSO AVAILABLE!

MONDAY NIGHT CLASSES

ADVANCED GYMNASTICS - TAUGHT BY GRACE NORTON

3:30-4:25PM

For gymnasts who have progressed past basic skills and are working on mastery of more advanced tricks.

TUESDAY NIGHT CLASSES

BABY GYMNASTICS / AGES 8 MONTHS- 4 YEARS

4:00-4:30 PM

COST IS \$5.00

An open gym for young gymnasts to get exposure to the sport with less structure! Parental guidance is required.

PRESCHOOL GYMNASTICS / AGES 3 YEARS - KINDERGARTEN

4:30- 5:15 PM

BOYS GYMNASTICS / AGES 5 YEARS- 12

5:30-6:20 PM

A class dedicated to male gymnasts interested the sport!

THURSDAY NIGHT CLASSES

BEGINNER GYMNASTICS / 5 YEARS +

4:00- 4:50 PM

A class for young gymnasts working on mastery of basic skills including forward rolls, handstands, cartwheels, and pullovers!

INTERMEDIATE GYMNASTICS / 6+

5:30- 6:20 PM

For those who have mastered the basics (handstands, cartwheels, etc.) and are working to progress through more challenging skills.

