

# Class Schedule

January 23rd - April 14, 2012

\*No class the week of March 19, 2012 & March 26th, 2012

Class	Group	Day	Time	Price
Parent-Tot ages 18 months - 3.5 years	A	Tues.	9:00-9:45 AM	\$90.00
	B	Thurs.	9:00-9:45 AM	\$90.00
Preschool ages 3.5 - 5 years	A	Mon.	4:30-5:15 PM	\$90.00
Beginner Girls ages 6 and up	A	Mon.	5:00-6:00 PM	\$110.00
	B	Tues.	4:00-5:00 PM	\$110.00
	C	Tues.	5:00-6:00 PM	\$110.00
Advanced Beginner Girls	A	Mon.	4:00-5:00 PM	\$110.00
	B	Mon.	5:00-6:00 PM	\$110.00
Intermediate	A	Tues.	4:00-5:30 PM	\$130.00
Advanced	A	Thurs.	4:00-5:30 PM	\$130.00
Beg. Tumbling		Wed.	4:00-5:00 PM	\$110.00
Adv. Tumbling		Wed.	5:00-6:00 PM	\$110.00



**Register Online:**  
<http://camps.uww.edu>

**Questions:**  
[cesevents@uww.edu](mailto:cesevents@uww.edu) or 262-472-3165

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UW-Whitewater 

## GymHawks Gymnastics Spring 2012



 UNIVERSITY OF WISCONSIN  
 WHITEWATER

# Overview

The GymHawk Gymnastics program is a brand new developmental gymnastics program run by the UW-Whitewater Gymnastics team! With state of the art facilities and a fully qualified staff, your child will be able to learn and develop his or her skills in a safe environment with excellent coaches.

Not sure which class is right for your child? Email Allison.Annala@gmail.com to set up an evaluation today!

# Coaches

GymHawk classes will be taught by current and former members of the University of Wisconsin-Whitewater Gymnastics Team. The UW-W Gymnastics Team is the defending two-time WIAC Conference Championship Team. They also finished third at the 2010 and second at the 2011 Division III National Championship. These instructors have the experience and knowledge to help your child develop to the best of his or her abilities.



# Facility

Our facility was renovated in the fall of 2011 and all of our equipment has been updated to meet NCAA standards. The Warhawk Gymnastics Gymnasium is one of the best Division III facilities in the Midwest. The gym is equipped with a new floor exercise, six new elite beams, two new LZT vaults, resi pit for vaulting and tumbling, a resi and loose-foam pit for training uneven bars, two sets of uneven bars, a strap bar, a channel bar system, two trampolines, a tumble track, a dance studio, two spotting rigs and a lot more.

# Class Descriptions

## Parent-Tot Class

The Parent-Tot Class is offered to children ages 18 months to 3.5 years. This class will focus on developing motor skills and functional movement through fun and games. Parent participation is essential in this class to make it the best experience for your child!

## Preschool Class

The Preschool Class is designed to give your toddler a look into the world of gymnastics. This class will focus on skill development on each of the four apparatus. Your child will learn how to run, tumble and swing in this fun class for children ages 3.5 to 5.

## Beginner Girls Class

The Beginner Girls Class is designed for girls ages 6 and up. This class is an introduction to the world of women's gymnastics. Girls will learn skills on the vault, uneven bars, balance beam and floor exercise. This class is great for getting kids involved in the sport of women's gymnastics. They will work on developing strength, coordination and confidence!

## Advanced Beginner Class\*

The Advanced Beginner Class will build off of what gymnasts have learned in the Beginner class. This class is slightly more comprehensive than the introductory level class. Advanced Beginner gymnasts will learn the importance of form and conditioning. They will also work to improve and progress their skill development.

## Intermediate Class

The Intermediate Class is for more advanced gymnasts. This class will focus on skill enhancement and development. Gymnasts will learn how to maintain and improve skills they already have, while

making tremendous improvements on new skills. This class will be 90 minutes long and will include more strengthening and conditioning.

## Advanced Class\*

The Advanced Class is for highest level gymnasts. This class is focused on skill development and progressing towards a competitive level. Gymnasts wanting to compete in high school or USAG gymnastics should sign up for this class! This class will meet for 90 minutes. It is recommended that gymnasts in this class come twice a week.

## Beginner Tumbling Class

The Beginner Tumbling Class is for inexperienced tumblers. This class is focused on the basic skills of tumbling, and building a strong foundation for your child's gymnastics training. This class is for boys and girls ages 6 and up. Skills taught in the Beginner tumbling class include forward and backward rolls, cartwheels, round offs, backbends and kick overs! Tumblers must be able to complete all of the skills on the beginner tumbling checklist successfully before they can progress to the Advanced tumbling class.

## Advanced Tumbling Class\*

The Advanced Tumbling Class is for the more experienced tumbler. Students in this class have successfully tested out of the beginning tumbling class, by evaluation or through taking the beginning class. Skills taught in the Advanced tumbling class include back handsprings, front handsprings, dive cartwheels and dive rolls. Students who can already successfully perform the skills being taught will be allowed to progress individually.

\*instructor approval needed for advanced classes

## Lessons

Private Lessons or Semi Private Lessons (2-3 students) can be scheduled for your child during the week. These lessons can be used to work on a specific skill or for general one-on-one instruction. We offer both 30 and 60 minute lessons. Call to set up a lesson with your child's favorite instructor!

<b>Private Lesson Cost(s)</b>	
30 Minutes.....	\$25
60 Minutes.....	\$40
<b>Semi Private Lesson Cost(s)</b>	
60 Minutes, 2 People.....	\$30 each
60 Minutes, 3 People.....	\$25 each

## Proper Attire

Leotards or loose fitted clothing (T-shirt or tank top and shorts), NO JEANS! Hair should be pulled back.



## Birthday Party!

GymHawk Birthday Parties are a great way to celebrate your child's birthday! Bring all of your friends and have a great time on our obstacle course, trampolines and foam pit! Birthday parties will consist of 1 hour of gym time and 45 minutes of party room time for pizza, cake, presents and whatever else you would like to provide. (Food is not provided by GymHawks.)

12 children*.....	\$150
13-20 children*.....	\$225
*including birthday child	

For more information about scheduling a time for a birthday party email: allison.annala@gmail.com

Register online at <http://camps.uww.edu>

Each participant will be covered by a limited accident insurance policy. The cost of insurance is included in the registration fee. The insurance includes primary coverage up to \$7,500 and \$300 maximum dental insurance. (Insurance does not cover pre-existing injuries and is for accidents only.) Every precaution will be taken to prevent accidents.