Quarry Gymnastics

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# SUMMER GYMNASTICS 2022 Classes begin **JUNE 7th**

THE QUARRY WILL ONLY BE OPEN ON TUESDAYS

**June 7th – July 26th**

**SUMMER SCHEDULE AND PROGRAMS 2022**

This past season The Quarry Gymnastics Center students have reached their goals like no other group before. In order to promote their continued successes and training, The Quarry has been working on a new, improved and very ***flexible*** summer gymnastics schedule. **NO need to sign up for class, you have the schedule just attend the appropriate class.** All NEW students need to return waivers. Each class $20. Pay as you go, attend as many as you like.
**The Quarry Gymnastics Center, Inc. has taken enhanced health and safety measures. By visiting and/or participating you voluntarily assume all risk related to exposure to COVID-19.**

## Gymnastics

### Ages 4 to 7

**(Morning) Tuesday: 9AM-10AM**
**(Evening) Tuesdays: 5PM – 6PM**

- **CHILD MUST BE TOTALLY INDEPENDENT (potty trained and going to the bathroom by themselves)**
- Gymnastics instruction and body awareness development for pre-school age children.
- Introduction to all gymnastics apparatus that is pre-school appropriate.
  **$20 per 60 min class**

### Ages 8 and Up

**(Morning) Tuesday: 10:10AM-11:10AM**
**(Evening) Tuesdays: 6:10PM – 7:10PM**

- Gymnastics instruction and body awareness development. Involves of basic motor–muscular development in strength, flexibility and coordination. Instruction consists of floor, balance beam, uneven bars, vault, trampoline, resi- pits, foam pits, and many other activities.
  **$20 per 60 min class**

## GymNinja

### Ages 5 and Up

**Tuesday Morning 11:15AM – 12:15PM**

- This is an exciting new class teaching boys and girls new skills. We will be using gender appropriate training, mixing basic martial arts, gymnastics and Parkour. Skills will include eye-hand coordination, target and drill kicking/punching, obstacle course training, jumping, climbing and running.
  **$20 per 60 min class**

**Flip me over >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>**