

# DONALD E. VANARSDALE GYMNASTICS CENTER

Hyland Hills Park and Recreation District — 303-650-7626 — www.hylandhills.org



3295 W. 72nd Ave  
Westminster, CO 80030  
303-650-7626

## Book an event for your group!

- Cheerleading Squads • Daycare Facilities
- Dance Teams • Playgroups
- Fieldtrips • Home Schools

To schedule a field trip for your group, call the Gymnastics office.

## INSTRUCTIONAL PROGRAMS

### SUMMER SESSIONS:

Session I:	Jun 11-Jul 28 (7 weeks)		
Session Fees	District	Non-District	
45 min. class	\$52	\$57	
1 hr class	\$57	\$62	
1½ hr class	\$62	\$67	
2 hr class	\$67	\$72	
No class Saturday Jun 30 (6 wk session)			
Session II:	Aug 13-Sep 1 (3 weeks)		
Session Fees	District	Non-District	
45 min. class	\$22	\$27	
1 hr class	\$24	\$29	
1½ hr class	\$27	\$32	
2 hr class	\$33	\$37	

## DANCE CLASSES

### COMBO-ROLY POLY & CREATIVE MOVEMENT #423175

Enjoy 45 minutes of gymnastics class, then 45 minutes of creative movement class! Age: 3-4

M GC 4pm-5:45pm

### COMBO - TUMBLE BUGS & PRE-BALLET #423175

Enjoy 1 hour of gymnastics class, then 45 minutes of Pre-Ballet dance class! Age: 5-6

M GC 4pm-5:45pm

### GYM, LEARN & STORY TIME #444221

Children will have fun; explore movement in gymnastics, song and dance, all while developing social skills. We are learning while moving! Ages 2-1/2 to 5.

M GC 9:30am -11:30am

### PRE-BALLET #444223

This class follows the Monday 4:00pm Tumble Bugs Gymnastics class. Learn ballet basics and the fun of dance movement. Age: 4-7

M GC 5pm-5:45pm

F GC 5pm-5:45pm

### HIP HOP #444225

Let's get funky! An awesome way to make friends, have fun and learn new dance moves. Work on a routine, which we'll perform during the last class. Age: 7-16.

M GC 6pm-7pm

F GC 6:15pm-7:15pm

## GYMNASTIC BIRTHDAY PARTIES!

A one-hour-long party is conducted in our huge gymnastics room. Afterwards, you can use our party rooms for opening gifts, and serving cake and ice cream. You must supply your own refreshments and paper ware. The party room is available to you for one hour (weekend reservations only). To make arrangements, contact the Gymnastics office at 303-650-7626.

\$8/child with minimum cost of \$64. (must pay for 8 children minimum, 20 children maximum)- Each child must have a completed waiver form to participate.

### CREATIVE MOVEMENT #444227

This class follows the Monday 4:00pm Roly Poly Gymnastics class. Have fun exploring movement with dance and creative props. Age: 3-6

M GC 5pm-5:45pm

F GC 4:15pm-5pm

### DANCE AND GYMNASTICS #444230

Learn to put dance and gymnastics together. Improve strength, flexibility and grace in this fun class in which you'll spend 45 minutes doing a variety of dance and 45 minutes doing gymnastics. Ages 4-7

T GC 4pm-5:30pm

Ages 8-12

T GC 4pm-5:30pm

### BREAK DANCE CLASS #444231

Lets Break it down. Learn shuffle, and break dance moves. Age: 7-18

W GC 4pm-5pm

### CHEER AND GYMNASTICS #444235

Learn the cheer technique, stunting, and basic cheer-leading. In this class you will spend 45 minutes doing cheer and 45 minutes in the gymnastics area. Ages 4-7

TH GC 4pm-5:30pm

Ages 8-12

TH GC 4pm-5:30pm

### FRIDAY GYMNASTICS DAY CAMPS #421310

Seven gymnastic-filled Fridays. Register for one or all seven! All levels welcome. Bring a lunch.

Ages: 6-18

Date	Day	Time	Loc
Jun 15-July 27	F	9:30am-3:30pm	GC

### TEAM GYMNASTICS SUMMER CAMP #421310

Team level gymnasts. Can enjoy gymnastics, dance and a field trip during this week. Pack a lunch.

Date	Day	Time	Loc
July 31-Aug 3	T-F	9:30am-3:30pm	GC

SEE GYMNASTICS CAMPS ON PAGE 19 FOR FEES.

SUMMER 2012

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## PARENT-TOT TUMBLING #423100 (WALKING TO 4 YRS)

Mon 11:15am-12pm  
Mon 2:45pm-3:30pm  
Tue 10:15am-11am  
Wed 10:15am-11am  
Thu 10:15am-11am  
Fri 11:15am-12pm  
Sat 10am-10:45 am

## ROLY-POLY GYMNASTICS #423110 (3 AND 4 YRS)

Mon 12:15pm-1pm  
Mon 4pm-4:45pm  
Tue 11am-11:45am  
Wed 11am-11:45am  
Wed 4am-4:45pm  
Thu 11am-11:45am  
Thu 6pm-6:45pm  
Fri 10am-11am  
Sat 11am-11:45am

**REGISTER PLEASE CALL  
303-650-7580**

## TUMBLE-BUGS GYMNASTICS #423115 (5 AND 6 YRS)

Mon 1:30pm-2:30pm  
Mon 4pm-5pm  
Tue 6pm-7pm  
Wed 4pm-5pm  
Thu 11am-12pm  
Thu 6pm-7pm  
Fri 10am-11am  
Sat 12pm-1pm

## GIRLS BEGINNER I AND II #423120 (7 YRS AND UP)

Mon 4pm-5:30pm  
Tue 4pm-5:30pm  
Tue 6pm-7:30pm  
Wed 4pm-5:30pm  
Thu 6pm-7:30pm  
Sat 1pm-2:30pm

## HIGH SCHOOL GYMNASTICS #423150 (13-18 YRS)

(Girls currently involved in or with an interest in High School gymnastics.)  
Thu 6pm-8pm

## GIRLS INTERMEDIATE GYMNASTICS #423125 (INSTRUCTOR RECOMMENDED)

Tue 4pm-5:30pm  
Tue 6pm-8pm  
Thu 6pm-8pm  
Sat 1pm-2:30pm

## GIRLS ADVANCED GYMNASTICS #423130 (INSTRUCTOR RECOMMENDED)

Tue 6pm-8pm  
Thu 6pm-8pm  
Sat 1pm-2:30pm

## BOYS BEGINNER I AND II #423135 (7 YRS AND UP)

Tue 6pm-7:30pm  
Wed 4pm-5:30pm

## BOYS INTERMEDIATE #423140 (INSTRUCTOR RECOMMENDED)

Fri 4pm-6pm

## CHEER AND TUMBLING #423180 (13-18 YRS)

(Girls currently involved in or with an interest in cheer and gymnastics.)  
Wed 5:30pm-6:30pm

### COMPETITIVE TEAM LEVELS:

Fun and team camaraderie emphasized! Team is year round with a small summer and winter break. The monthly fee is due by the 1st of each month, a late fee of \$10.00 will be assessed if fee is not paid by the 10th. COME ENJOY THE SPORT OF GYMNASTICS AND JOIN A TEAM THAT IS SAFE AND FUN.

#### LEVEL 3 #523101

(Coach's permission required to join.)

This is an entry level to the Gymnastics arena, using basic skill level connections to perform entry level routines. Make friends while enjoying the experience of belonging to a team!

Mon and/or Thu, 4-6:15pm,

1 day/week/month: \$50/\$55

(Thursday, preferably 1 day)

2 days/week/month: \$55/\$60

#### LEVEL 4 #523102

(Coach's permission required to join.)

Gymnasts will learn and compete in compulsory routines which contain higher level connections and skills. Increase your love for a sport which requires strength, flexibility, endurance, and determination!

Tue, 4-6:15pm and Thur, 4-6:15pm

\$65/\$70 per month

Aug: 2 wk break (Girls).

Practice Aug 17-31. No practice Aug 24.

#### LEVEL 5 #523103

(Coach's permission required to join.)

Gymnasts will learn and compete in difficult compulsory routines that enhance their all around gymnastics skill levels. Determination and dedication are characteristics at this level! Must attend two days per week.

Wed, 4:30-7pm, and Fri, 4-7pm

\$75/\$80 per month

#### OPTIONALS #523104

(Coach's permission required to join.)

Gymnasts will learn individually choreographed routines for competition, showcasing their best events while perfecting previous skills and learning new skills to advance to the highest level of gymnastics!

Mon/Wed, 5-8pm, \$90/\$95 per month

Mon/Wed/Fri, \$115/\$125 per month

#### BOYS TEAM #523106

(Coach's permission required to join.)

A fun way to gain strength, agility, flexibility and to experience the competitive gymnastics arena, while being part of a team!

Fri, 4-7pm, \$60/\$65 per month

**FIRST TIME TEAM REGISTRATION IS TAKEN AT THE GYMNASTICS CENTER. TO REGISTER PLEASE CALL 303-650-7580**



# SUMMER 2012