

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 14-Jul 31 (7 weeks)		
Session Fees	District	Non-District	
45 min. class	\$51	\$56	
1 hr class	\$56	\$61	
1½ hr class	\$61	\$66	
2 hr class	\$66	\$71	
Session II:	Aug 16-Sep 4 (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	\$29	\$34	

DANCE CLASSES

CREATIVE MOVEMENT #444227

Follows Monday 4:00 Roly Poly Gymnastics. Have fun exploring movement with dance and creative props. Ages 3-6.

M	GC	5pm-5:45pm
F	GC	10am-11am

PRE-BALLET #444223

This class follows the Monday 4:00 Tumble Bugs gymnastics. Learn ballet basics and the fun of dance movement. Ages 3-6.

M	GC	5pm-5:45pm
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COMBO — ROLY POLY & CREATIVE MOVEMENT #423175

Enjoy 45 minutes of gymnastics class, then 45 minutes of Creative Movement class!

M	GC	4pm-5:45pm
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ENROLL IN BOTH AS A 2-HOUR CLASS!

FOUNDATION GRANTS

Additional funding made possible from the Hyland Hills Foundation. Please call 303-428-7488 for eligibility.

GYMNASTIC BIRTHDAY PARTIES!

An hour long party is conducted in our huge gymnastics room. Afterwards, you can use our party rooms for presents, 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.

To make arrangements, contact the gymnastic office at 303-650-7626.

\$8/child with minimum cost of \$64
(must pay for 8 children minimum, 20 children maximum)
(weekend reservations only)

COMBO - TUMBLE BUGS & PRE-BALLET

#423175

Enjoy 1 hour of gymnastics class, then 45 minutes of Pre-Ballet dance class!

M	GC	4pm-5:45pm
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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
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Ages 8-12

T	GC	4pm-5:30pm
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CHEER AND GYMNASTICS #444235

Learn the cheer technique, stunting, and basic cheerleading. 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
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Ages 8-12

TH	GC	4pm-5:30pm
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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. Ages 7-16.

M	GC	6pm-7pm
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GYM AND JAZZ #423145

Enjoy a jazzercise workout for Mom (separate registration), while child enjoys a gymnastics class! Ages 2 1/2-5. Sign up for both days at a 2-hour class rate.

T	GC	9am-10am
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TH	GC	9am-10am
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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
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TH	GC	9:30am-11:30am
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SEE CAMPS ON PAGE 19

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PARENT-TOT TUMBLING

#423100

(WALKING TO 4 YRS)

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

ROLY-POLY GYMNASTICS

#423110

(3 AND 4 YRS)

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

TUMBLE-BUGS GYMNASTICS

#423115

(5 AND 6 YRS)

Mon 1:30-2:30pm
Mon 4-5pm (prior to Pre-Ballet)
Tue 6-7pm
Wed 4-5pm
Thu 11am-12pm
Thu 6-7pm
Fri 10-11am
Sat 12-1pm

GIRLS BEGINNER I AND II

#423120

(7 YRS AND UP)

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

HIGH SCHOOL GYMNASTICS

#423150

(13-18 YRS)
Thu 6-8pm

GIRLS INTERMEDIATE

GYMNASTICS #423125

(INSTRUCTOR RECOMMENDED)

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

GIRLS ADVANCED

GYMNASTICS #423130

(INSTRUCTOR RECOMMENDED)

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

BOYS BEGINNER I AND II

#423135

(7 YRS AND UP)

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

BOYS INTERMEDIATE #423140

(INSTRUCTOR RECOMMENDED)

Fri 4-6pm



PARENT-TOT DROP-IN (WALKING TO 6 YRS)
Enjoy free time with your child in a non-structured environment. A gym supervisor will be present. Schedule is subject to change.
Fri, 3-4pm (see session dates). Register at the Gymnastics Center.
Payable with check or money order. \$5/child/class.

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

SESSION DATES AND FEES ON PAGE 10. SEE ALL DAY CAMP ON PAGE 19.

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 JOIN A TEAM THAT IS SAFE, FUN AND ENJOY THE SPORT OF GYMNASTICS!

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

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.

Tue, 4-6:15pm, and Fri, 4-7pm

\$70/\$75 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, \$85/\$90 per month

Mon/Wed/Fri, \$110/\$115 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

**GYMNASTICS DAY CAMPS AND TEAM CAMPS
ON PAGE 19**

SUMMER 2010