

K-7 Gymnastics

This high-energy activity strives to increase your gymnast's skill level on all four apparatuses: vault, bars, beam and floor, by teaching methods to improve strength and flexibility while gaining knowledge of the sport in a fun and safe learning environment.

Girls and boys in grades K-7 can sign up at Unity.

Each grade division is limited to 14 participants.

Any questions contact Brianna at 432-9236.

Dates: Sept. 10th, 13th, 15th, 17th, 23rd, 27th, 30th
Oct. 1st, 8th, 11th, 15th, 16th

Times: Mondays, Tuesdays, Wednesdays, and Thursdays

6:00-6:30pm	GI	Kindergarten & 1 st Grade
6:30-7:15pm	GI	2 nd – 5 th Grade
7:15-8:00pm	GII	
8:00-8:45pm	GIII & GI	6-7 th Grade

Saturdays

9:00-9:30am	GI	Kindergarten & 1 st Grade
9:30-10:15am	GI	2 nd – 5 th Grade
10:15-11:00am	GII	
11:00-12:00am	GIII & GI	6-7 th Grade

Gymnasts may be moved to a different class at the coach's discretion

Instructor: Amber Fraasch & Natalie Stohr

Fees: Kindergarten and 1 st	\$22 members	\$33 nonmembers
2 nd – 7 th	\$33 members	\$45 nonmembers