

GYMNASTICS - (708) 599-2070

Tot-Nastics

It's never too early to begin learning about movement. Tot-Nastics is designed to help the child, as well as the parents, develop and discover every student's physical capabilities and aptitudes. Tots and parents will be led through beginning tumbling and motor skill tasks. These are 7 week sessions.

Location: Newcastle Park
Recreation Center
Day: Tuesdays
Code: Class I: GYM100F08
Class II: GYM101F08
Date: Session I: Sept. 16-Oct. 28
Code: Class I: GYM200F08
Class II: GYM201F08
Date: Session II: Nov. 18-Dec. 30
Time: Class I: 2:15-2:55 p.m.
Class II: 3:00-3:40 p.m.
Age: 10 months-36 months
Instructor: A.R.G.O. Gymnastics
Limit: Min. 6/Max. 10
Fee: \$55 Residents
\$83 Non-Residents

Pre-Nastics

Enjoy beginner tumbling, low balance beam skills, and motor development tasks while having fun! Balance, coordination and body awareness, as well as developing the ability to listen and follow directions will be fostered. A.R.G.O. will lead our preschoolers in small groups through fun movements and physical fitness exercises. These are 7 week sessions.

Location: Newcastle Park
Recreation Center
Day: Tuesdays
Code: GYM102F08
Date: Session I: Sept. 16-Oct. 28
Code: GYM202F08
Date: Session II: Nov. 18-Dec. 30
Time: 3:40-4:20 p.m.
Age: 3 & 4 year olds
Instructor: A.R.G.O. Gymnastics
Limit: Min. 6/Max. 10
Fee: \$55 Residents
\$83 Non-Residents

Gymnastics

Try your tumbling skills on mats, do hand-springs, or try to vault, with an A.R.G.O. gymnast professional in a small group setting. You'll learn better balance, coordination and increase your flexibility, while learning all about one of the most popular Olympic sports. These are 7 week sessions.

Location: Newcastle Park
Recreation Center
Day: Tuesdays
Date: Session I: Sept. 16-Oct. 28
Age/Time: 4:30-5:15 p.m. (5-8 years)
Code: GYM103F08
5:15-6:00 p.m. (9-14 years)
Code: GYM104F08
7:30-8:15 p.m. (6-9 years)
Code: GYM105F08
Date: Session II: Nov. 18-Dec. 30
Age/Time: 4:30-5:15 p.m. (5-8 years)
Code: GYM203F08
5:15-6:00 p.m. (9-14 years)
Code: GYM204F08
7:30-8:15 p.m. (6-9 years)
Code: GYM205F08
Instructor: A.R.G.O. Gymnastics
Limit: Min. 4/Max. 10
Fee: \$69 Residents
\$104 Non-Residents

Intermediate Gymnastics

To join this program, gymnasts should have at least one year experience and be able to perform the beginner level skills by themselves with good technique. Students will work on high skill level, form and technique on such things as: back walkovers, round offs, back extensions, front walkovers, beginner flip-flops on floor, cartwheels, handstands, pivot turns, jumps, leaps, split jumps on beam, jumps to 3/4 handstand and dive forward rolls or vaults. These are 7 week sessions.

Location: Newcastle Park
Recreation Center
Day: Tuesdays
Code: GYM106F08
Date: Session I: Sept. 16-Oct. 28
Code: GYM206F08
Date: Session II: Nov. 18-Dec 30
Time: 6:00-6:45 p.m.
Age: 6-14 years
Instructor: A.R.G.O. Gymnastics
Limit: Min. 4/Max. 10
Fee: \$69 Residents
\$104 Non-Residents

Rhythmic Gymnastics

One of the hottest events is now being offered in Burbank. If you like music, dance and enjoy being creative, you will love this class. It is a combination of gymnastic skills and dance which makes it one of the most beautiful and graceful of all sporting events. Rhythmic gymnasts perform their skills using a light hand held apparatus: rope, hoop, ball, club and ribbon. The greatest part about this program is once you have a grasp of the fundamentals there are no limits on what you can do. These are 7 week session.

Location: Newcastle Park
Recreation Center
Day: Tuesdays
Code: GYM107F08
Date: Session I: Sept. 16-Oct. 28
Code: GYM207F08
Date: Session II: Nov. 18-Dec. 30
Time: 6:45-7:30 p.m.
Age: 6-14 years
Instructor: A.R.G.O. Gymnastics
Limit: Min. 5/Max. 10
Fee: \$69 Residents
\$104 Non-Residents



NOTE: Maximum number of students may be increased to accommodate participants.