

Fitness In Transit Gymnastics

Thursday: 3:30-4:30 p.m.

Grades: K-5

Cost: \$156 (Checks payable to TDS)

Class Size: 6-12

Location: Tehiyah Gym

12 Class meetings: Oct. 7, 14, 21, 28, Nov. 4, 11, Dec. 2, 9, 16, Jan. 6, 13, 20

Registration Deadline: Tuesday, September 28, 2010 (Late processing fee is \$12.00)

Gymnastics focuses on building body-confidence, coordination, motor skills, strength, flexibility and a love of moving that will endure through to adulthood. Each class begins with a warm-up, incorporating age-appropriate songs and imagination games to make the exercises interesting and engaging. This builds flexibility, conditions strength, and prepares delicate wrists, backs, and necks for more rigorous activity. The second section of class focuses on age appropriate tumbling passes and movement exploration that builds integrated strength and coordination and prepares children for more advanced tumbling and inverted work. The class ends with instruction on various gymnastics apparatus; a new piece of equipment is introduced each week.

Contact: Please feel free to visit our website, www.fitnessintransit.com. Contact us via email at fitnessintransit@yahoo.com or phone at (510) 325-8725.

The registration form is below.

-----Please cut and attach with paper clip to front of check-----

Enrichment Class _____ Instructor _____ Day: M T W TH F Cost: \$ _____

Name of Student _____ Grade _____

Name of Parent/Guardian _____ Home Phone # _____

E-mail _____ Emergency Phone # (or if class meeting is cancelled) _____

Please check if your child normally takes the **3:30 Tehiyah School Bus** on the day of the class:

If yes, please check if you want your child to resume riding the 3:30 Tehiyah School bus once the 8-12 week session is completed:

Please check if you want your child to ride the 5:00 school bus for the duration of the class: