

# Fitness In Transit Gymnastics

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

**Grades:** K-5

**Cost:** \$154 (Checks payable to TDS)

**Class Size:** 6-12

**Location:** TBA

**12 Class meetings:** Feb. 16, 23, Mar. 1, 8, 15, 29, Apr. 5, 19, 26, May 3, 10, 17

**Registration Deadline:** Wednesday, February 8, 2012 (Late processing fee is \$12.00)

Gymnastics focuses on building body-confidence, spatial awareness, 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 explorations that build 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](http://www.fitnessintransit.com). Contact us via email at [fitnessintransit@yahoo.com](mailto: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: