



Classes

April - October

2021

Columbus Gymnastics Center
405 Hope Ave. Columbus IN, 47201
www.columbusparksandrec.com | 812.376.2650

CLASS DESCRIPTIONS

FUN WALKERS (Walkers–2 yrs.) 30 min. Creative play through the sport of gymnastics with focus on the development of a toddler’s fine and gross motor skills using such items as balls, hoops, music, barrels and obstacle courses. *Parent participation required.*

FUN TOTS 2 (2 yrs) 30 min. Creative play through the sport of gymnastics with focus on the development of a toddler’s fine and gross motor skills using such items as balls, hoops, music, barrels and obstacle courses. *Parent participation required.*

FUN TOTS 3-4 (3–4 yrs.) 45 min. Continuation of the development of fine and gross motor skills such as balance, strength, coordination and body awareness. Intro to basic gymnastics skills such as rolls, balance beam, bars and trampoline through the use of obstacle courses, parachute play, music and stations.

ADV. FUN TOTS 4* (4 yrs.) 45 min. More emphasis placed on basic gymnastics skills on the Olympic apparatus - bars, balance beam, floor exercise, vaulting and trampoline. Skills sheets to test children’s mastery of skills are used in this class. A combination of skills are introduced.

KIDS FUN (5–7 yrs.) 45 min. Pre-cursor to beginning gymnastics with an emphasis on skills and sequences of skills on Olympic apparatus - bars, balance beam, floor exercise, vaulting and trampoline. Skills sheets to test children’s mastery of skills are used.

ADV. KIDS FUN* (5–7 yrs.) 45 min. Class for kids that need new challenges. Skill enhancement is based on having mastered the skills in Kids Fun. Skills sheets also used on Olympic apparatus - bars, balance beam, floor exercise, vaulting & trampoline.

* Instructor Referral Required

BOYS (8–13 yrs.) 45 min. A beginner skills class for boys only. Skills taught on bars, floor exercise, vaulting & trampoline.

GIRLS (8–13 yrs.) 45 min. For girls with no previous gymnastics experience. Beginning level skills taught on uneven bars, balance beam, floor exercise, vaulting and trampoline. Skills sheets to test mastery of skills are used.

ADV. GIRLS* (8–13 yrs.) 45 min. For and girls who have passed the skills taught in Girls. More advanced level skills taught on all equipment.

JR. TUMBLING (5–7 yrs.) 45 min. Beginning level skills on floor exercise (cartwheels, handstands, walkovers, round-offs).

TUMBLING (8–13 yrs.) 45 min. Beginning level skills on floor exercise (cartwheels, handstands, bridge kickovers, round-offs, standing back handsprings)

ADV. TUMBLING* (8–13 yrs.) 45 min. Intermediate level skills on floor exercise (walkovers, running back handspring, front handspring, roundoff, connecting skills)

CHEER BASICS (7–12 yrs.) 45 min. Class will cover basic cheer skills: voice, motions, jumps, basic tumbling and short cheers.

GYM BUDDIES (Ages 5–10) 30 min Special needs gymnastics class. This recreational class is designed for individuals with sensory and/or special needs. Through the use of obstacle courses and stations our instructors are trained to help athletes develop strength, coordination, body awareness, flexibility, balance, and social development.

Parent/co-adult required for 1:1 participation.

PRIVATE LESSONS
Private lessons are available upon request. Contact Alexa Stark at astark@columbus.in.gov.

FITNESS CLASS DESCRIPTIONS

YOGA can help with mind and body conditioning to stretch and strengthen the body through structured poses and stretches. For ages 13+.

BOOTCAMP is a fun and effective, quick total body workout taught by a certified personal trainer. Utilizing body weight and short, intense exercises for a high calorie scorching workout. For ages 18+.



These fitness classes will be taught by Latisha Idlewine, a certified personal trainer.

CLASS	DAY/TIME	SUMMER 1 5/10 – 6/26 (7 WEEKS)	FEE	SUMMER 2 6/28 – 8/14 (7 WEEKS)	FEE	FALL 8/16 – 10/9 (8WKS)	FEE	WINTER 1 10/18 – 12/18 (8WKS)	FEE
Fun Walkers Walkers - 2 years 30 min	Tu, 6:00pm	810000-1A	\$66	820000-1A	\$66	830000-1A	\$75	840000-1A	\$75
	Th, 10:45am	810000-1B	\$66	820000-1B	\$66	830000-1B	\$75	840000-1B	\$75
	Th, 6:00pm	810000-1C	\$66	820000-1C	\$66	830000-1C	\$75	840000-1C	\$75
	Sat, 9:00am	810000-1D	\$57	820000-1D	\$57	830000-1D	\$66	840000-1D	\$75
Fun Tots 2 2 years 30 min	Tu, 6:00pm	810020-1A	\$66	820020-1A	\$66	830020-1A	\$75	840020-1A	\$75
	Th, 10:45am	810020-1B	\$66	820020-1B	\$66	830020-1B	\$75	840020-1B	\$75
	Th, 6:00pm	810020-1C	\$66	820020-1C	\$66	830020-1C	\$75	840020-1C	\$75
	Sat, 9:00am	810020-1D	\$57	820020-1D	\$57	830020-1D	\$66	840020-1D	\$75
Fun Tots 3-4 3-4 years 45 min	Tu, 4:00pm	810040-1A	\$80	820040-1A	\$80	830040-1A	\$91	840040-1A	\$91
	Tu, 5:00pm	810040-1B	\$80	820040-1B	\$80	830040-1B	\$91	840040-1B	\$91
	Tu, 6:00pm	810040-1C	\$80	820040-1C	\$80	830040-1C	\$91	840040-1C	\$91
	Th, 11:15am	810040-1D	\$80	820040-1D	\$80	830040-1D	\$91	840040-1D	\$91
	Th, 4:00pm	810040-1E	\$80	820040-1E	\$80	830040-1E	\$91	840040-1E	\$91
	Th, 5:00pm	810040-1F	\$80	820040-1F	\$80	830040-1F	\$91	840040-1F	\$91
	Th, 6:00pm	810040-1G	\$80	820040-1G	\$80	830040-1G	\$91	840040-1G	\$91
	Sat, 9:30am	810040-1H	\$69	820040-1H	\$69	830040-1H	\$80	840040-1H	\$91
Adv. Fun Tots 4* 4 years 45 min	Tu, 5:00pm	810060-1A	\$80	820060-1A	\$80	830060-1A	\$91	840060-1A	\$91
	Th, 11:15am	810060-1B	\$80	820060-1B	\$80	830060-1B	\$91	840060-1B	\$91
	Th, 5:00pm	810060-1C	\$80	820060-1C	\$80	830060-1C	\$91	840060-1C	\$91
Kids Fun 5-7 years 45 min	M, 5:00pm	810080-1A	\$69	820080-1A	\$69	830080-1A	\$80	840080-1A	\$91
	M, 6:00pm	810080-1B	\$69	820080-1B	\$69	830080-1B	\$80	840080-1B	\$91
	Tu, 4:00pm	810080-1C	\$80	820080-1C	\$80	830080-1C	\$91	840080-1C	\$91
	Tu, 5:00pm	810080-1D	\$80	820080-1D	\$80	830080-1D	\$91	840080-1D	\$91
	W, 4:00pm	810080-1E	\$80	820080-1E	\$80	830080-1E	\$91	840080-1E	\$91
	W, 5:00pm	810080-1F	\$80	820080-1F	\$80	830080-1F	\$91	840080-1F	\$91
	W, 6:00pm	810080-1G	\$80	820080-1G	\$80	830080-1G	\$91	840080-1G	\$91
	Th, 4:00pm	810080-1H	\$80	820080-1H	\$80	830080-1H	\$91	840080-1H	\$91
Adv. Kids Fun* 5-7 years 45 min	M, 6:00pm	810100-1A	\$69	820100-1A	\$69	830100-1A	\$80	840100-1A	\$91
	Tu, 4:00pm	810100-1B	\$80	820100-1B	\$80	830100-1B	\$91	840100-1B	\$91
	Th, 4:00pm	810100-1C	\$80	820100-1C	\$80	830100-1C	\$91	840100-1C	\$91
Boys 8-13 years 45 min	M, 6:00pm	810220-1A	\$69	820220-1A	\$69	830220-1A	\$80	840220-1A	\$91
	W, 5:00pm	810220-1B	\$80	820220-1B	\$80	830220-1B	\$91	840220-1B	\$91
Girls 8-13 years 45 min	M, 5:00pm	810300-1A	\$69	820300-1A	\$69	830300-1A	\$80	840300-1A	\$91
	W, 5:00pm	810300-1B	\$80	820300-1B	\$80	830300-1B	\$91	840300-1B	\$91
Adv. Girls 8-13 years 45 min	M, 5:00pm	810320-1A	\$69	820320-1A	\$69	830320-1A	\$80	840320-1A	\$91
Jr. Tumbling 5-7 years 45 min	M, 4:00pm	810400-1A	\$69	820400-1A	\$69	830400-1A	\$80	840400-1A	\$91
	W, 4:00pm	810400-1B	\$80	820400-1B	\$80	830400-1B	\$91	840400-1B	\$91
Tumbling 8-13 years 45 min	M, 4:00pm	810420-1A	\$69	820420-1A	\$69	830420-1A	\$80	840420-1A	\$91
	W, 4:00pm	810420-1B	\$80	820420-1B	\$80	830420-1B	\$91	840420-1B	\$91
Adv. Tumbling 8-13 years 45 min	M, 4:00pm	810440-1A	\$69	820440-1A	\$69	830440-1A	\$80	840440-1A	\$91
	W, 6:00pm	810440-1B	\$80	820440-1B	\$80	830440-1B	\$91	840440-1B	\$91
Cheer Basics 7-12 years 45 min	W, 6:00pm	810500-1A	\$80	820500-1A	\$80	830500-1A	\$91	840500-1A	\$91
Gym Buddies 3-7 years 30 min	F, 5:00pm	810600-1A	\$66	820600-1A	\$66	830600-1A	\$75	840600-1A	\$75

FITNESS CLASSES

CLASS	DAY/TIME	SUMMER 1 5/10 – 6/26 (7 WEEKS)	FEE	SUMMER 2 6/28 – 8/14 (7 WEEKS)	FEE	FALL 8/16 – 10/9 (8WKS)	FEE	WINTER 1 10/18 – 12/18 (8WKS)	FEE
Yoga Ages 13+ 45 min	W, 11:30am	816010-1A	\$80	826010-1A	\$80	836010-1A	\$91	846010-1A	\$91
	F, 10am	816010-1B	\$80	826010-1B	\$80	836010-1B	\$91	846010-1B	\$91
Bootcamp Ages 18+ M:45 W:30 min	M, 6:15pm	816000-1A	\$69	826000-1A	\$69	836000-1A	\$80	846000-1A	\$91
	W, 11am	816000-1B	\$66	826000-1B	\$66	836000-1B	\$75	846000-1B	\$75

SIGN UP FOR 2 OR MORE FITNESS CLASSES IN THE SAME SESSION AND SAVE \$15!