



Fall 2023 Gymnastics Grades preK-6

All classes are held in the Benson Activities Center



Preschool Class: Boys and Girls age 4 and 5 (must be 4 to register)

This class is a fun exploratory opportunity for preschoolers to feel their bodies move forward, backward, and upside down. Various stations will be set up each week to help build balance, strength and body awareness

Dates: Thursdays September 7, 14, 21, 28; **Time:** 5:00-5:30 **OR** 5:30-6:00

Cost: \$35; **Class Size:** 8

Somersaults: Boys and Girls Kindergarten Class

Participants will work on introductory gymnastics skills. Increasing strength, balance, flexibility, and coordination will also be emphasized.

Dates: Thursdays September 7, 14, 21, 28; **Time:** 3:30-4:15 **OR** 4:15-5:00

Cost: \$40; **Class Size:** 10

Tiny Tumblers: Beginner Boys and Girls 1st and 2nd Grade Class

Participants will work on introductory skills on the bars, beam, floor, and vault. Increasing strength, balance, flexibility, and coordination will also be emphasized. *2 Class options*

Dates: Tuesdays September 12, 19, 26, October 3, 10; **Time:** 5:00-6:00 **OR**

Dates: Wednesdays September 13, 20, 27, October 4, 11; **Time:** 5:00-6:00

Cost: \$60; **Class Size:** 15

Twisters: Beginner Boys and Girls 3rd - 6th Grade Class

Emphasis will be placed on learning kickovers from bridge position along with back and front walkovers. In addition, participants will work on introductory gymnastics skills on the bars, beam, vault and floor. Increasing strength, flexibility, and coordination will also be emphasized.

Dates: Tuesdays September 12, 19, 26, October 3, 10; **Time:** 6:00-7:00

Cost: \$60; **Class Size:** 15

Flippers: Intermediate Boys and Girls Level Class for 1st - 6th Graders

This class is designed for the individuals who **can do back walkovers or kick over from bridge** position with NO assistance. The class will emphasize learning back handsprings with proper body shape along with skills on the bars, beam, and vault. Increasing strength, balance, flexibility and conditioning will also be emphasized.

Dates: Mondays September 11, 18, 25, October 2, 9; **Time:** 5:00-6:00

Cost: \$60; **Class Size:** 18

Aerials: Advanced Level Class for 2nd - 6th Graders

This class is designed for gymnasts who **can do round-off, back handsprings with little or no assistance**. Skills and combinations required for competitive gymnastics will be emphasized on the bars, beam, floor and vault. Increasing strength, balance, flexibility and conditioning will also be emphasized. Gymnast may sign up for 1 or 2 days a week.

Dates: Mondays September 11, 18, 25, October 2, 9; **Time:** 3:30-5:00 **AND/OR**

Dates: Wednesdays September 13, 20, 27, October 4, 11; **Time:** 6:00-7:30

Cost: \$75; **Class size:** 12

Please register by September 6th

benson.k12.mn.us ; Online Registration
Community Education ; Youth Recreation

In person in the Community Ed office from 8:00-4:00 Monday-Friday.
Must have cash or check (payable to Benson Schools) to register in person. For questions: 320-843-4545. Will not take registrations over the phone without a credit/debit card payment.

SPOTS ARE LIMITED!!

**REGISTRATION BEGINS AT
5:00 PM ON Thursday,
AUGUST 24th!**