



## Gymnastics

Grades K-6

Instructor: Jodi Snell

### To Gymnastic Participants & Guardians:

The question commonly asked before signing up for gymnastics has been "What level should my child participate in?" If your child participated in our fall gymnastics program, they were placed in Level, I, II, or III. If they are planning on participating in the spring program, they should register them for that same level. Anyone new signing up for the spring session, please sign up for the Level I class and at the first day of class, the coach will determine a level that is best for your child. Below are the level descriptions and times. If you have any questions regarding gymnastics class, please contact the Community Education office.

April/May 2012 Class Dates Calendar				
Mon	Tues	Wed	Th	Fri
—	10	—	12	—
—	17	—	19	—
—	24	—	26	—
30	MAY 1	—	3	—
7	8	—	10	—

### Cost, Dates & Location:

**COURSE NO. 1600**  
 12 Sessions - \$39.00  
 HS-Wrestling Rm/  
 Practice Gym  
 Mon., Tues. & Thurs.  
 April 10 - May 10  
 (see schedule)

### LEVEL I — 4:00-4:45 p.m. COURSE NO. 1600a

This level is for the beginner who has little or no experience. Students will learn basic floor and beam skills and will also have the chance to use the spring-board. They will be learning cartwheels, backbends and touch on round offs and walkovers.

### LEVEL II — 5:00-6:00 p.m. COURSE NO. 1600b

This level is designed for those who have had previous experience in gymnastics and who are ready to perfect old skills and learn new ones. Students will have a chance to use the vault, as well as the floor and beam apparatus. They will perfect their cartwheels and round offs and work on back walkovers with light spot and begin back handsprings.

### LEVEL III — 5:00-6:00 p.m. COURSE NO. 1600c

For the gymnast who is ready to advance their skill level and begin incorporating tricks into routines. All four apparatuses will be worked on including tricks such as handsprings, pirouettes, kips, back walkovers, cartwheels on the beam and floor.

**NEW!**

## INTRODUCTION TO AIKIDO

Ages 7-14

Eric Buchanan, Instructor



Aikido is a Japanese martial art that stresses blending with an attack to find a peaceful solution to conflict. This makes it a practical defensive art for anyone regardless of age or size. Aikido is not about hurting an attacker, it is about guiding them so they can not hurt you, themselves or others. Aikido offers a good workout while learning to coordinate the mind, body and spirit in relaxed movements that improve flexibility, sense of balance and the ability to deal with stressful situations.

6 sessions - \$25.00-- COURSE NO. 1691

Saturdays, Feb 18 & 25; Mar 3,17 & 24; Apr 14, 8:15-9:15 am

Class held at Angel Arts Dance studio on 8<sup>th</sup> St. & Columbia Ave.

Adult classes are available. Please contact Eric at (320)589-1686 for details.



## Elementary Volleyball Camp

(lead by the UMM Volleyball team)

(Grades 1-6)

This camp is designed for the player who is interested in learning more about the game of volleyball. The camp will focus on fundamentals of the sport and offer opportunities for every athlete to improve their all around level of play. Each day will include skill training, games related to volleyball and competition. Members of the University of Minnesota, Morris Volleyball team will work with participants on basic volleyball fundamentals, passing, setting, serving, attacking, digging and game strategies.

6 Sessions - \$35.00 - COURSE NO. 1680

Mon, Tues, Thurs. - April 23, 24, 26, 30, May 1, 3

3:30-4:45 pm, Morris Area Elementary Gym

## Soccer Clinic

Coming this spring



Morris Area Community Education is in the planning stages of its annual youth Spring Soccer Clinic. Be watching for a flyer with all the details -- day, time, location cost, etc. coming later this winter.



Studio of Dance

Top floor of the City Center Mall  
 618 Atlantic Ave.  
 Morris, MN 56267  
 320-585-5707



### Ages 2-Adult

Spring Recital ~ May 19<sup>th</sup>

[www.afewfootnotes.com](http://www.afewfootnotes.com)

visit our website to register  
 or more information

All Boys class!  
 All ages welcome  
 Wednesdays 6:15



Thurs  
 5:30

### Spring 2011 Schedule:

2&3 Year olds	5:20 Mon
4&5 Year olds	5:55 Mon
3rd-6th Tap	5:30 Tues
3rd-6th Hip-Hop/Jazz Funk	6:00 Tues

Office hours Tuesday & Wednesdays 5:30-7:30