

AAA Gymnastics

Begins Monday October 5, 2009

Tumbling/Balancing Class:

This class will teach you self-awareness, self-control, patience, cooperation, and various other virtues while developing your gross and fine motor skills. The following is a list of some of the skills that will be taught during the course of the year:

1. Muscular strength and flexibility
2. Cardiovascular endurance
3. Basic and intermediate tumbling skills
4. Individual balancing moves

When: Mondays

Time: 3:30 – 4:10 p.m.

Who: All students from 1st – 10th grade are welcome to come and participate in this class.

Aerial Jagz of AAA:

This is AAA's gymnastics team.

When: Mondays

Time: *3:30 – 5:10 p.m.*

- 3:30 – 4:10 = Tumbling and/or assisting with Tumbling Class
- 4:10 – 5:10 = Acro-sports, tossing, instant pyramids, and more.

Who: We are looking for students in grades 1 – 10 that are self-controlled, cooperative, safety-minded, have the ability and willingness to learn tumbling, acro-sports, tossing, instant pyramids, and more.

Try-Outs: All persons trying out need to attend both try-out sessions.

1. October 5, 2009
2. October 19, 2009

The attire for gymnastics is shorts and t-shirts that tuck in. No skirts or tank tops. Hair ties for anyone who has long hair.

Coaches:

Mr. and Mrs. Hyde

Mr. Nomura

Mrs. Chedalavada

Ms. Thom