

2008



# Woodmoor<sup>SM</sup>

## WINTER/SPRING TRI-LAKES PROGRAMS

### Gymnastics

Nancy Spielkamp is a member of the U.S.A. Gymnastics National Coaching staff at the Olympic Training Center. She has worked with Olympians and National Team members for many years. Her program in the Tri-Lakes area has also been successful. She currently holds coaching credentials which allow her to coach at National and International camps and clinics. Nancy also brings a strong background in dance to her coaching and is a past faculty member of Colorado State Ballet. **CLASSES WILL BEGIN AND END ON TIME, PARENTS AND VISITORS WILL BE ALLOWED TO VIEW THEIR CHILDREN IN THE 1<sup>ST</sup> CLASS OF EVERY MONTH.** Please pick your student up at the end of class inside the building. Younger students will not be allowed to go out into the parking lot by themselves. There is a reception room available downstairs for non-class participants and parents.

#### SESSION I - JANUARY - MARCH

**Mom & Me** Ages 2-3 Class Size: Minimum 6, Maximum 12. Bring your toddler and learn together: Balance, flexibility, coordination and fun.

**Wednesday, January 9 (10 weeks) 9:45 - 10:30 a.m. \$85**

**Pre-School Movement & Tumbling** Ages 3-5 Class Size: Minimum 6, Maximum 12 These classes will raise your child's LEVEL OF FITNESS, and apply it to Pre-Gymnastics. They will learn pre-tumbling skills while gaining strength, flexibility, balance and improving their motor skills. Apparatus (balls, jump ropes and ribbons) will be used in some classes to improve coordination and attention span.

**Monday, January 7 (9 weeks) 3:15 - 4:00 p.m. \$77 NO CLASS ON PRESIDENTS DAY**

**Wednesday, January 9 (10 weeks) 9:00 - 9:45 a.m. \$85**

**Pre-Gymnastics** Ages 5-6 For those moving up from Pre-School level or those new to gymnastics. A great place to start.

**Wednesday, January 9 (10 weeks) 5:00 - 5:45 p.m. \$85**

**Gymnastics I** Ages 6-9 A great place to start or continue if you're moving up from a Pre-School/Pre-Gymnastics class. Beginning level tumbling and balance beam skills will be covered plus strength, flexibility and conditioning.

**Monday, January 9 (9 weeks) 4:00 - 5:00 p.m. \$86 NO CLASS ON PRESIDENTS DAY**

**Gymnastics II** Ages 7-10 A great class for students with some gymnastics experience. Beginning and Intermediate level tumbling and balance beam will be covered plus strength, flexibility and conditioning.

**Wednesday, January 9 (10 weeks) 4:00 - 5:00 p.m. \$95**

### Shape up with Nancy!!

Take any combination of Nancy's classes below. Missed classes may be made up in any of Nancy's other classes during the same session, but please indicate which classes you plan to attend when registering.

#### SESSION I JANUARY - MARCH

**Cardio-Sculpt** This class will include a complete warm-up 30-40 minutes of conditioning and resistance work that will raise your heart rate for the aerobic benefit and conclude with a floor stretch based on Pilates. Please bring a floor mat and some hand weights. Some weights are available, but bring your own if you are working above 5 lbs.

**Tuesday, January 8 (10 weeks) 9:00 - 10:00 a.m.**

**The Total Body** - Attack those problem areas - class includes a warm up, extensive work on abdominal and glutes PLUS a segment of upper body strength using resistance bands.

**Thursday, January 10 (10 weeks) 9:00 - 10:00 a.m.**

If you are taking one class per week, either Total Body OR Cardio-Sculpt, the cost is \$70

If you are taking Total Body AND Cardio-Sculpt, the cost is \$115

Drop- Ins are \$8 per class

### ART

**Ways with Watercolors** for Beginning & Intermediate, taught by Marie Simpson (481-0892)

Bring any supplies you have to the first class and the teacher will hand out a supply list at that time.

**January 17, 24, 31 and February 7 1:00 - 3:30 p.m. \$90 Minimum 5**

