

2009



# Woodmoor<sup>SM</sup>

## FALL 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 over 20 years. She is continuing her program in the Tri-Lakes area which has been very popular with beginning and intermediate students. Class size allows for a lot of personal attention. Try us out! **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.

**Pre-School Movement & Tumbling** Ages 3-5 Class Size: Minimum 6, Maximum 10

This class will raise your child's level of fitness and apply it to Pre-Gymnastics. They will learn pre-gymnastic tumbling and balance beam skills while gaining strength and flexibility.

**Wednesday, September 16 (11 weeks) 9:00 – 9:45 a.m. \$104**

**No class on Wed, Nov. 25<sup>th</sup>**

**Pre-Gymnastics** Ages 5-7 Class Size: Minimum 6, Maximum 10

For children moving up from our Pre-School classes or a place to start before going on to Gymnastics I. Beginning level tumbling & balance beam will be covered plus work on strength & flexibility

**Wednesday, Sept. 16 (11 weeks) 4:30 – 5:15 p.m. \$104**

**No class on Wed. Nov. 25<sup>th</sup>**

**Gymnastics I** Ages 7-9 Class Size : Minimum 6, Maximum 12

A great class for those moving up from Pre-Gymnastics. Intermediate level tumbling and balance beam skills will be covered plus some work on routine construction. Work on strength and flexibility will also be done.

**Wednesday, September 16 (11 weeks) 5:15 - 6:15 p.m. \$115**

**No class on Wed. Nov. 25<sup>th</sup>**

**Gymnastics II** Ages 8-11 Class Size Minimum 6, Maximum 12 This class is for GIRLS ONLY. This class is recommended for girls with previous gymnastics experience. Beginning and intermediate level tumbling and balance beam will be covered plus work on routine construction.

**Wednesday, September 16 (11 weeks) 3:30 – 4:30 p.m. \$115**

**No class on Wed. Nov. 25<sup>th</sup>**

### 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.

**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, September 15 (11 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. Please bring a floor mat.

**Thursday, September 17 (11 weeks) 9:00 - 10:00 a.m.**

**If you are taking one class per week, either Total Body OR Cardio-Sculpt, the cost is \$93**

**If you are taking Total Body AND Cardio-Sculpt, the cost is \$159**

**Drop-Ins are \$10 per class**