

Gymnastics To register, click on program title

Fully equipped and insured facility with certified instructors/coaches with clearances from the USA Gymnastics Organization.

CLASSES HELD AT:

Willow Tree Gymnastics
1605 Ligonier Street • Latrobe
724-539-0899 • WTGymnastics.com
willowtreegymnastics@gmail.com

Parent & Me AGES: 18 MONTHS – 3 YEARS

Emphasis on gross motor skills development, balance, strength, flexibility and FUN! Mom and/or dad are to participate with their tots. (6 Classes)

TIME: Wednesdays, 5:00-5:25 PM
SESSION 1: 9/7 – 10/12 **Register by:** 8/30
SESSION 2: 10/19 – 11/30 . . **Register by:** 10/11
(no class on 11/23)
SESSION 3: 1/4 – 2/8 **Register by:** 12/27
SESSION 4: 2/15 – 3/22 **Register by:** 2/7
FEE: \$50/60

Pre-School Gymnastics AGES: 4–6

Rolls, cartwheels, handstands and bridges (back bends)! Great intro to tumbling but beginning bars (coordination & strength) and balance (on beams / shaped equipment) will be incorporated, too! Classes held in our separate pre-school gymnastics room. Parents may watch, but child must be comfortable with parent out of the room. (6 Classes)

TIME: Wednesdays, 5:30-6:25 PM
SESSION 1: 9/7 – 10/12 **Register by:** 8/30
SESSION 2: 10/19 – 11/30 . . **Register by:** 10/11
(no class on 11/23)
SESSION 3: 1/4 – 2/8 **Register by:** 12/27
SESSION 4: 2/15 – 3/22 **Register by:** 2/7
FEE: \$60/70

Girls Gymnastics AGES: 7+

Trampoline • Uneven Bars • Balance Beam • Tumbling & More! Emphasis on strength, flexibility, balance, kinesthetic awareness, coordination, agility and grace. Class will be broken into groups depending on skill level and age as needed. (6 Classes)

TIME: Wednesdays, 6:30-7:25 PM
SESSION 1: 9/7 – 10/12 **Register by:** 8/30
SESSION 2: 10/19 – 11/30 . . **Register by:** 10/11
(no class on 11/23)
SESSION 3: 1/4 – 2/8 **Register by:** 12/27
SESSION 4: 2/15 – 3/22 **Register by:** 2/7
FEE: \$70/80

Boys Parkour AGES: 7+

Parkour is the art of overcoming obstacles as swiftly and efficiently as possible, using only your body. The fundamentals include running, jumping, and climbing, and we build on these fundamentals to improve our ability to pass over, under, around and through obstacles. Parkour improves strength, speed, agility, coordination, stamina and endurance. (6 Classes)

TIME: Tuesdays, 7:15-8:10 PM
SESSION 1: 9/6 – 10/11 **Register by:** 8/29
SESSION 2: 10/18 – 11/22 . . **Register by:** 10/10
SESSION 3: 1/3 – 2/7 **Register by:** 12/26
SESSION 4: 2/14 – 3/21 **Register by:** 2/7
FEE: \$70/80

