

OCPR FALL GYMNASTICS PROGRAM



Throughout the duration of the fall program, children will be taught to confidently explore the world of gymnastics by co-operating with one another and following directions. Gymnastics helps develop motor skills and coordination, as well as basic social skills, such as following directions and taking turns. Lessons learned throughout the program will provide the children with the skills necessary to excel in other sports, social settings, and the classroom. Classes will split into groups that are taught by the different instructors, and there will be four rotations at bars, vault, beam, and floor. Space is limited, don't wait to register! The class is scheduled to take place at the high school, but this may change if necessary. We will update any registered participants in that event. **THE REGISTRATION DEADLINE IS OCTOBER 7, 2016, BUT THE CLASS MAY FILL SOONER THAN THAT DATE. DON'T DELAY.**

Dates:	<u>TUESDAY OR WEDNESDAY*EVENINGS:</u> OCTOBER 18-NOVEMBER 16 (NO CLASS NOV. 8 OR 9) *DAY DECIDED BY AGE GROUP, SEE BELOW	
Age Groups/ Times:	<u>Tuesdays</u> Ages 3-4: 6:30-7:20pm Ages 7-10: 7:30-8:20pm	<u>Wednesday</u> Ages 5-6: 6:30-7:20pm Ages 11-13: 7:30-8:20pm
Location:	Orange County High School Old Gym	
Costs:	<p style="text-align: center;">\$40.00 Total for 4 Week Session</p> <p>Payment is required at registration, spots will <u>no longer</u> be held without payment. Registration Deadline: Oct. 7, 16.</p>	
Registration:	<p><u>Pre-Registration is Required</u></p> <p>print a household registration form online at: www.orangecountyva.gov/parksandrecreation</p>	
Questions? Contact:	Orange County Parks & Recreation: (540) 672-5435	