

SPORTS

For more information regarding programs contact the Recreation Office (520)421-8677.

Gymnastics



LEAD INSTRUCTOR: CATHIE WHITE

Classes will be held MONDAYS at the Parks & Recreation Office beginning the week of SEPTEMBER 9. Space is limited, so register early! Child may be adjusted into another level if they exceed or lack the necessary skills for their designated class.

NO CLASS October 28 and November 11

ADVANCED GYMNASTICS

This class will emphasize the basic tumbling skills needed for cheerleading: handstands, cartwheels, round-offs, backbends and cheer jumps. Strength and flexibility exercises will also be emphasized.
Fees: \$120.00

37698 6-15 Mon 9/9-11/25 4:15- 5:40 pm

BEGINNING GYMNASTICS

Children will learn basic tumbling along with activities that develop their coordination and motor skills. It will include learning somersaults, cartwheels and handstands, along with vaulting, beam and bar skills.
Fees: \$90.00

37696 5-10 Mon 9/9-11/25 5:45- 6:40 pm

INTERMEDIATE GYMNASTICS

This will build on the basic skills mastered in Beginning Gymnastics. Children will learn limbers, walkovers, handsprings and combination tumbling. It will include vaulting, balance beam and bar work.
Prerequisites: Successful completion of of Beginner class skill chart (5 second wall handstand, backbend and round off)

Fees: \$120.00

37697 5-13 Mon 9/9-11/25 6:45- 8:10 pm

JUNIOR TUMBLING

Child will learn basic tumbling skills while exploring gymnastics equipment. Stretching and agility will be emphasized.

Fees: \$70.00

37699 42-5 Mon 9/9-11/25 11:30-12:25 pm

MOMMY & ME TUMBLING

Mom and toddler will learn basic tumbling skills while exploring the gymnastic equipment, (mats, beam, and mini trampoline). Stretching and agility will be emphasized as well as nursery rhymes, songs and games. Parent participation is required.

Fees: \$50.00

37700 2-42 Mon 9/9-11/25 10:30-11:20 am

TUMBLING FOR CHEERLEADERS

This class will emphasize the basic tumbling skills needed for cheerleading: handstands, cartwheels, round-offs, backbends and cheer jumps. Strength and flexibility exercises will also be emphasized.

Fees: \$90.00

38248 13-17 Mon 9/9-11/25 8:15- 9:10 pm

PUNT, PASS & KICK COMPETITION

The NFL Pepsi Punt, Pass & Kick program creates a lively and engaging forum for boys and girls ages 8-15 to compete separately against their peers in punting, passing and kicking skills.

37746 8-15 Fri 9/20 6:00- 8:00 pm Carr McNatt

ALL STAR CHEER

All Star Cheer is designed to introduce youth ages 5-13 basic cheer movements and simple cheer routines. The goal of the class is also to allow students the opportunity to compete in beginner level cheer competitions.

Fees: \$70.00

38397 5-13 Tue,Thu 9/10-11/21 5:30- 6:30 pm P & R

ZUMBA FOR KIDS

Children are invited to join us for this aerobics program which combines Latin and international music with dance that makes exercise fun. Youth will be taught elements of salsa, meringue, cumbia, samba and other international music styles.

Fees: \$35.00

38398 6-12 Fri 9/13-11/22 6:00- 7:00 pm WC

BASKETBALL PEE WEE CLINIC

Youth ages 5 & 6 are eligible for the Pee Wee Basketball Clinic, which will focus on basic fundamentals of basketball, such as passing, dribbling, shooting, games, and teamwork. The clinic is offered on Saturdays for 4 weeks from 10:00 - 11:30. Each participant will receive a t-shirt, a certificate and a medal for completing the Pee Wee Clinic.

Fees: \$20.00

37846 5-6 Sat 10/26-11/16 10:00-11:30 am B & G Club

Youth Basketball Ages 7-14 League

As of
Dec. 31, 2013

\$45 /child
Deadline Oct. 25, 5 PM



Divisions

Rookies Ages 7-8
Juniors Ages 9-10
Pros Ages 11-12
Teens Ages 13-14

This is a recreational, fundamental league focusing on fun, sportsmanship and team play.

We Need Volunteer Coaches! (No experience necessary)

The league begins on December 14, 2013 and runs through February 2014. Games will be played on either Tues, Wed, Thurs or Sat. with sites varying at the Boys and Girls Club or the LCRC.

Limited scholarships will be provided for those in need. The registration form can be downloaded at www.casagrandeaz.us/rec.

Register at
Parks and Recreation Office
404 E Florence Blvd
Call 421-8677 Ext. 4560