

# Flipping for fun! Gymnastics

Instructor BRANDI CARSTENSEN, a competitive gymnast for seven years, brings twelve additional years as an instructor to the mat. Currently being taught by Trava Onken

## PRIVATE LESSONS

**\$20 per 1/2 hr**

**age 6 & up**

**skills assessment available**

**for ages 5 & under**

**wear loose fitting clothes**

**Recreation Center #3**

**No Class**

**10/31, 11/TBA, 12/26-28 & 1/2-4**



**BEGINNERS** learn to do basic gymnastic movements on the floor. Flexibility is increased & basic tumbling is taught. Bars, beams and vault are introduced.

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**ADVANCED BEGINNERS** receive further instruction to refine skills. Gymnast must be able to perform a backward roll, cartwheel, handstand, round off, bridge, basic bars, beam & vault skills. Instructor approval is required.

**INTERMEDIATE & ADVANCED** classes are designed for the gymnast with intermediate skills on beam, bars, floor & vault. Gymnast should be able to do a back walkover. Skills are polished & difficulty increased.

4-5pm

Beginner

5-6pm

Intermediate

6-7pm

Advanced

Sep	T & Th	\$66
Oct	T & Th	\$66
Nov	T & Th	TBA
Dec	T & Th	\$50
Jan	T & Th	\$58
Feb	T & Th	\$66



Boulder City Parks and Recreation Department  
900 Arizona Street 702-293-9256

**Sign up now!**