

Class Descriptions

Pre-School (18 mo - 3 1/2 years) 45 min.

Tumble Bees - Parent and Tot Program

This class works in an "open gym" atmosphere, allowing tots to explore the gym at their own pace. Our staff will guide you and your child in various activities which will help them develop gross and fine motor skills, coordination, strength, balance, and body awareness.

Pre-School Program (3 1/2 to 6 years) 1 hour

Tumble Bears

By encouraging children to move, explore and socialize at a critical period in their development, we can help promote a variety of physical and mental skills that will be valuable all their lives. A creative and positive teaching environment will foster a healthy self-image and boost their confidence.

Recreational Program (5-16 years) 1.5 hours

Our developmental program provides specific technical instruction in a fun atmosphere, using the USA Gymnastics (USAG) Level System and our own innovative and progressive drills. The goal is to further master the basic and intermediate level skills, which build a strong gymnastics foundation and lead to more advanced levels.

Adult & Teen Program (Cross-training) 1.5 hours

This program is designed for beginner to advanced-level athletes. These classes include a 30 minute warm-up & stretch, as well as a gymnastics workout. The program is ideal for those looking for an edge up on their competitors and those who just want to get fit and have fun. Great off-season training for all sports.

Cheer Program 2 to 4 hours

Our Cheer tumbling program is great for improving or learning new skills related to the sport that is now sweeping the nation! A team sport that includes tumbling, jumping, stunting, dance and cheer skills, our cheer program creates a positive atmosphere where athletes can grow and learn to be team players, while building self-esteem and self-confidence. It also challenges these athletes to perform to their best ability and to achieve their highest potential.

USAG Team Program (5 years and up)

Evergreen offers year-round competitive programs for levels 1-10. Team members must commit to a certain minimum number of hours per week based on their level. Evergreen has coached many USAG and H.S. champions. **For schedules and information on our team program, please contact our office.**

Boys Recreational Program 1.5 to 2 hours

Our boys' program offers a unique opportunity for boys to get individualized training in a group setting. Concentration will be in the area of events particular to men's Olympic gymnastics such as rings, pommel horse, etc., as well as basic acrobatic, strength, and tumbling skills.

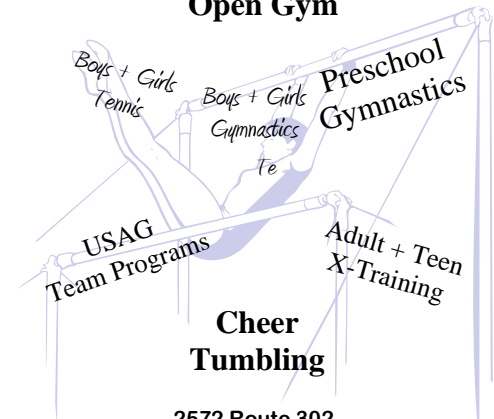
Evergreen Gymnastics & Cheer
2572 Route 302
Lisbon, NH 03585

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EVERGREEN GYMNASTICS & CHEER

SUMMER 2010 CAMPS & CLASSES JULY 5 – AUGUST 27

Open Gym



2572 Route 302
Lisbon, NH 03585
(Formerly The Four Seasons)
Phone (603) 838-6511
WWW.EVERGREENGYMNASTICS.COM

PLEASE CALL TO REGISTER

CAMP SESSIONS
 Please call to register
 Camps run 9:00—3:00

Boys & Girls Camp

Week of August 16-August 20

Pre-School Camp (1/2 Day 9-12pm)

Week of August 16-August 20

Girls Team Camp (new prep opts, level 4s—level 10)

Week of August 9—August 13


*Don't Forget, We Host
 GREAT BIRTHDAY
 PARTIES!*

Camp Activities

- Gymnastics
- Tennis
- Squash
- Outdoor Games
- Obstacle Courses
- Parachute Games
- Tumble Trak
- Arts & Crafts

**Events offered vary according to class type*

Summer 2010 Class Schedule (July 5—August 27)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Recreational Boys & Girls (5 & Up)			4:30-6:00		
Tumble Bees			4:15-5:00		
Tumble Bears			5:00-6:00		
Cheer/Tumble (\$5/class)			6:00-7:00		
Pre-Team	4:00-5:30				
Team Level 4-10 Prep Opt	4:00-7:00		1:30-4:30		
Open Gym	6:30-8:00				

**Please Call Our Office For Summer Team Class Rates
 Closed Week of June 21—July 4*

Camp Fees

- Full Day Session (9:00 - 3:00).....\$149
(1/2 day rates available upon request)
- Pre-School Camp (9:00 - 12:00).....\$79

*10% Camp Discount for siblings!

*\$20 off each additional camp for the same child!

*Supervision available before and after camps, 8-9am and 3-4pm for an additional fee.
 Contact the office for more information.

Spaces are limited, so register early to secure your spot. \$50 deposit required to register; Balance due by first day of camp.

Summer 2008 Class Special (8 weeks)

All Prices Can Be Pro-Rated For Your Vacation Weeks!

- 45 minute class \$80
- 1.0 hour class \$100
- 1.5 hour class \$140

New members pay a \$15 Registration Fee.

