

## Sandy Springs Gymnastics Center at Hammond Park

**WINTER TERM: January 9 - April 1 (No classes January 16 and February 20)**

\*Note: Monday classes meet only 10 weeks due to holidays. The Monday fees reflect the shorter Winter Term.

With more than 150 different gymnastics classes offered each term, we are sure to have the right class for your girl or boy. We offer classes for various skill levels from 12 months to 18 years old. Our facility has state of the art equipment and we have just opened our brand new preschool gym designed just for children 5 years old and under. All our professional coaches undergo regular training and are USA Gymnastics Safety, CPR, First Aid and AED certified.

Register Online: [www.Registration.SandySpringsGA.gov](http://www.Registration.SandySpringsGA.gov)

More Info: (770) 730-5600 or [www.SandySpringsGa.gov/Gymnastics](http://www.SandySpringsGa.gov/Gymnastics)

Registration Begins at 10:00am

Priority Registration: **November 21** (for RETURNING Fall students)

Open Registration: **December 5**

Disclaimer: Classes and instructors offered are subject to change. In addition, classes may be changed or cancelled if the minimum class requirement is not met.

Make up classes are not guaranteed unless the class is cancelled by the City of Sandy Springs.

Annual Registration Fee: \$25.00/ Fulton resident; \$35.00/non-resident

### 12-18 months - Wobblers

“Wobblers” - This parent assisted class focuses on learning social skills through development of basic motor skills, coordination, balance, strength and stretching. Each class begins with a group warm-up on the floor, then obstacle courses for challenging the tots by crawling, climbing, rolling and jumping. Wobblers will enjoy a soft, fun, interesting and colorful adventure throughout the gym with equipment just their size. (Co-ed), Class Length – 30 minutes, \*parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Johanna	Tuesday	11:00am	PS Gym	Wobblers	45min	\$102 / \$120	WOB 4.1

### 18 months - 2 Years Old - Stepping Stones

“Stepping Stones” – This parent assisted class is for walking tots and the adults that love them. Participants learn tumbling, agility, strength and coordination skills in a fun and inviting setting. Focus is placed on the basic motor skills to help your child's overall development. Waiting their turn and good sportsmanship are positively reinforced. Soft, obstacle courses include the use of bars, beam, trampoline, spring boards, and floor. (Co-ed), class length – 45 minutes, \*parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kamilah	Monday	10:00am	PS Gym	Stepping Stones	45 min	\$85 / \$100	SS 4.1
Kamilah	Thursday	11:00am	PS Gym	Stepping Stones	45 min	\$102 / \$120	SS 4.2

### Ages 2-3 Yrs Old - Tumbling Tots

These parent assisted classes provide exposure to basic gymnastics skills, taking turns, following directions and social interactions. Students will build confidence, coordination, and strength while at play doing gymnastics. You and your child will explore bars, beams, vault and trampoline in obstacles that teach basic gymnastics skills along with developing stronger gross motor skills. This will be a time for you and your tot to start learning simple structure and is also a great transition into our Pre Gym classes. (Co-ed), class length – 45 minutes, \*parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Johanna	Monday	10:00am	PS Gym	Tumbling Tots	45min	\$85 / \$100	TT 4.1
Emily	Monday	3:00pm	PS Gym	Tumbling Tots	45min	\$85 / \$100	TT 4.2
Emily	Monday	5:00pm	PS Gym	Tumbling Tots	45min	\$85 / \$100	TT 4.3
Johanna	Tuesday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.4
Kamilah	Tuesday	11:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.5
Emily	Wednesday	11:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.6
Emily	Wednesday	3:00pm	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.7
Kamilah	Thursday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.8
Kamilah	Friday	10:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.9
Emily	Friday	4:15pm	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.10
Kamilah	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.11
Shannon	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.12
Emily	Saturday	11:00am	PS Gym	Tumbling Tots	45min	\$102 / \$120	TT 4.13

### Ages 3 - 4 Years Old - Pre Gym I

“Pre Gym I” - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
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Johanna	Monday	11:00am	PS Gym	Pre Gym I	45min	\$85 / \$100	PGI 4.1
Kamilah	Monday	11:00am	PS Gym	Pre Gym I	45min	\$85 / \$100	PGI 4.2
Nadia	Monday	3:30pm	PS Gym	Pre Gym I	45min	\$85 / \$100	PGI 4.3
Johanna	Monday	5:00pm	PS Gym	Pre Gym I	45min	\$85 / \$100	PGI 4.4
Kamilah	Tuesday	4:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.5
Emily	Wednesday	5:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.6
Kamilah	Friday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.7
Kamilah	Friday	4:00pm	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.8
Emily	Saturday	10:10am	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.9
Kamilah	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.10
Shannon	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$102 / \$120	PGI 4.11

#### Ages 4 - 5 Years Old Pre Gym II

“Pre Gym II” - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Johanna	Monday	3:00pm	Gym	Pre Gym II	45min	\$85 / \$100	PGII 4.1
Tanner	Monday	3:30pm	Gym	Pre Gym II	45min	\$85 / \$100	PGII 4.2
Nadia	Monday	4:30pm	Gym	Pre Gym II	45min	\$85 / \$100	PGII 4.3
Kamilah	Tuesday	10:00am	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.4
Nadia	Tuesday	3:30pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.5
Katheryn	Wednesday	2:00pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.6
Tanner	Wednesday	3:30pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.7
Nadia	Thursday	3:30pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.8
Emily	Wednesday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.9
Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.10
Nadia	Friday	3:30pm	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.11
Emily	Saturday	9:00am	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.12
Nadia	Saturday	9:00am	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.13
Nadia	Saturday	10:00am	Gym	Pre Gym II	45min	\$102 / \$120	PGII 4.14
Kate	Saturday	10:00am	Gym	Pre Gym II	45min	\$102 / \$121	PGII 4.15
Kate	Saturday	11:00am	Gym	Pre Gym II	45min	\$102 / \$122	PGII 4.16
Emily	Saturday	12:00pm	Gym	PreGym II	45min	\$102 / \$120	PGII 4.17

#### Girls Ages 5 - 7 Years Old

Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$100 / \$110	GRL5 4.1
Emily	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$100 / \$110	GRL5 4.2
Katheryn	Monday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$100 / \$110	GRL5 4.3
Nadia	Tuesday	3:30pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.4
Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.5
Kamilah	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.6
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.7
Johanna	Wednesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.8
Johanna	Wednesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.9
Nadia	Wednesday	3:30pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.10
Katheryn	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.11
Emily	Wednesday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.12
Johanna	Thursday	10:00am	Gym	Girls Ages 5-9 yrs (HOMESCHOOLERS)	55min	\$120 / \$132	GRL5 4.13
Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.14
Kamilah	Thursday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.15
Kamilah	Friday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.16
Nadia	Friday	4:15pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.17
Kamilah	Friday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.18
Kamilah	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.20
Shannon	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.21
Kate	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.19
Katheryn	Saturday	11:00am	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.22
Kamilah	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.23
Katheryn	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.24

Emily	Saturday	1:00pm	Gym	Girls Ages 5-7 yrs	55min	\$120 / \$132	GRL5 4.25
<b>Girls Ages 7 - 9 Years Old</b>							
<p>Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$100 / \$110	GRL7 4.1
Emily	Monday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$100 / \$110	GRL7 4.2
Katheryn	Tuesday	3:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.3
Alex	Tuesday	3:45pm	Gym	Girls Ages 7+ (ADVANCED)	55 min	\$120 / \$132	GRL7 4.4
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.5
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.6
Alex	Thursday	4:00pm	Gym	Girls Ages 7+ (ADVANCED)	90min	\$180 / \$198	GRL7 4.7
Katheryn	Thursday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.8
Kamilah	Thursday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.9
Katheryn	Thursday	6:00pm		Girls Ages 7+ (ADVANCED)	55min	\$120 / \$132	GRL7 4.10
Emily	Friday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.11
Johanna	Friday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.12
Katheryn	Saturday	9:00am	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$132	GRL7 4.13
Kate	Saturday	12:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$133	GRL7 4.14
Kate	Saturday	1:00pm	Gym	Girls Ages 7-9 yrs	55min	\$120 / \$133	GRL7 4.15
<b>Girls Ages 9+</b>							
<p>Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Emily	Monday	7:00pm	Gym	Girls Ages 9-13 yrs	55min	\$100 / \$110	GRL9 4.1
Katheryn	Tuesday	7:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	GRL9 4.2
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	GRL9 4.3
Johanna	Thursday	11:00am	Gym	Girls Ages 9-13 yrs (HOMESCHOOLERS)	55min	\$120 / \$132	GRL9 4.4
Kamilah	Thursday	5:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	GRL9 4.5
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	GRL9 4.6
Shannon St. John	Saturday	12:00pm	Gym	Girls Ages 9-13 yrs	55min	\$120 / \$132	GRL9 4.7
<b>Boys Ages 5 - 7</b>							
<p>Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	6:00pm	Gym	Boys Ages 6+ Advanced	55min	\$100 / \$110	BOY5 4.1
Tanner	Tuesday	3:45pm	Gym	Boys Ages 5-7 yrs	45min	\$102 / \$120	BOY5 4.2
Tanner	Wednesday	4:15pm	Gym	Boys Ages 5-7 yrs	55min	\$120 / \$132	BOY5 4.3
<b>Boys Ages 8 - 13</b>							
<p>Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Monday	4:15pm	Gym	Boys Ages 8+ yrs	55min	\$100 / \$110	BOY8 4.1
<b>Co-Ed Tumbling Ages 8+</b>							
<p>Beginner/Intermediate – These classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Co-ed) Advanced – Advanced classes are by invitation only, for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	3:45pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	55min	\$100 / \$110	TUMB 4.1
Katheryn	Monday	7:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$100 / \$110	TUMB 4.2
Katheryn	Tuesday	6:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$120 / \$132	TUMB 4.3
Alex	Wednesday	3:45pm	Gym	Co-ed Tumbling Ages 12+ yrs	55min	\$120 / \$132	TUMB 4.4
Alex	Thursday	5:30pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90 min	\$180 / \$198	TUMB 4.5
Tanner	Friday	3:30pm	Gym	Co-ed Tumbling Ages 8- 12 yrs	55min	\$120 / \$132	TUMB 4.6
Johanna	Friday	4:15pm	Gym	Co-ed Tumbling Ages 8- 12 yrs	55min	\$120 / \$132	TUMB 4.7
<b>Special Needs Co-ed Ages 6-12</b>							

Sparkling Stars Gymnastics – These 45min classes held once a week will use basic gymnastics equipment and other fun activities to develop strength and flexibility, self-confidence and body awareness. Group classes are taught by exceptional coaches that are specifically trained to work with the special needs community. Children with mild disabilities or moderate physical disabilities can attend. Private 1:1 classes are also available.

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Johanna	Friday	5:15pm	Gym	Sparkeling Stars (Special Needs)	45mins	\$102 / \$120	SPL 4.1

**Adults**

The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This is the perfect all-around workout that uses every muscle in your body and helps develop gymnastics skills for all levels. This class is fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	7:45pm	Gym	Adult	55 min	\$100 / \$110	ADL 4.1
Tanner	Wednesday	7:45pm	Gym	Adult	55 min	\$120 / \$132	ADL 4.2