

Sandy Springs Gymnastics Center at Hammond Park

FALL TERM: September 10 - Dec 8 (No Classes November 19-24)

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 Adults. Our facility has state of the art equipment. In addition to our main gym, we have a preschool gym designed 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

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

Registration Begins at 12:00pm

Priority Registration: **August 6** (for RETURNING Summer and Spring gymnasts only)

Open Registration: **August 13**

After the term has begun on September 10, Registration is available in-person only.

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 canceled 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 #
Jo Marie	Friday	10:00am	PS Gym	Wobblers	45min	R \$102 / NR\$120	WOB18FA5

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 #
Tori	Monday	6:00pm	PS Gym	Stepping Stones	45 min	R \$102 / NR \$120	SS18FA1
Carmi	Wednesday	11am	PS Gym	Stepping Stones	45min	R \$102 / NR \$120	SS18FA3
Jiri	Friday	10:00am	PS Gym	Stepping Stones	45 min	R \$102 / NR \$120	SS18FA5
Maria	Saturday	12:00pm	PS Gym	Stepping Stones	45min	R \$102 / NR \$120	SS18FA6

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

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tori	Monday	5:00pm	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA1
Carmi	Wednesday	6:00pm	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA3.1
Jiri	Thursday	11:00am	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA4
Jo Marie	Friday	11:00am	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA5
Maria	Saturday	10:10am	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA6
Carmi	Saturday	11:00am	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA6.1
Naja	Saturday	12:00pm	PS Gym	Tumbling Tots	45min	R \$102 / NR \$120	TT18FA6.2

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 #
Naja	Tuesday	4:15pm	PS Gym	Pre Gym I	45min	R \$102 / NR \$120	PGI18FA2
Naja	Wednesday	11:00am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA3
Carmi	Wednesday	4:00pm	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA3.1
Naja	Thursday	3:00pm	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA4
Jiri	Thursday	10:00am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA4.1
Jo Marie	Thursday	11:00am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA4.2
Jo Marie	Thursday	4:00pm	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA4.3
Jiri	Friday	11:00am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA5
Naja	Friday	4:15pm	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA5.1
Carmi	Saturday	10:10am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA6
Naja	Saturday	10:10am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA6.1
Maria	Saturday	11:00am	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA6.2

Carmi	Saturday	12:00pm	PS Gym	Pre Gym I	45 min	R \$102 / NR \$120	PGI18FA6.3
Ages 4 - 5 Years Old Pre Gym II							
<p>"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</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tori	Monday	3:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F1
Tanner	Monday	4:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F1.1
Katheryn	Tuesday	3:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F2
Tanner	Tuesday	4:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F2.1
Naja	Wednesday	10:00am	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F3
Tori	Wednesday	4:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F3.1
Tori	Wednesday	6:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F3.3
Jo Marie	Thursday	10:00am	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F4
Tanner	Thursday	3:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F4.1
Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F4.2
Naja	Friday	5:00pm	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F5
Naja	Saturday	8:00am	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F6
Carmi	Saturday	8:00am	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F6.1
Tori	Saturday	9:00am	Gym	Pre Gym II	45min	R \$102 / NR \$120	PGII18F6.2
Maria	Saturday	9:00am	Gym	PreGym II	45min	R \$102 / NR \$120	PGII18F6.3
Girls Ages 5 - 7 Years Old							
<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	3:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F1
Tori	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$100 / NR \$110	GRL518F1.1
Katheryn	Monday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F1.2
Katheryn	Monday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F1.3
Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F2
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F2.1
Tori	Wednesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F3
Katheryn	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F3.1
Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F4
Naja	Thursday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F4.2
Tori	Saturday	8:00am	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6
Carmi	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6.1
Naja	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6.2
Tori	Saturday	10:00am	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6.3
Katheryn	Saturday	11:00am	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6.4
Tori	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$120 / NR \$132	GRL518F6.5
Girls Ages 7 - 9 Years Old							
<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 #
Jiri	Monday	3:00pm	Gym	Girls Ages 7-9 yrs	55 min	R \$120 / NR \$132	GRL718F1
Katheryn	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F1.1
Tori	Monday	7:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F1.2
Jo Marie	Tuesday	3:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F2
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F3
Tori	Wednesday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F3.1
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F3.2
Shalyn	Thursday	3:15pm	Gym	Girls Ages 7+ (ADVANCED)	90min	R \$180 / NR \$198	GRL718F4
Naja	Thursday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F4.1
Katheryn	Thursday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F4.2
Katheryn	Thursday	6:00pm	Gym	Girls Ages 7+ (ADVANCED)	55min	R \$120 / NR \$132	GRL718F4.3
Naja	Friday	7:00pm	Gym	Girls Ages 7+ (ADVANCED)	55min	R \$120 / NR \$132	GRL718F5.1
Jiri	Saturday	8:00am	Gym	Girls Ages 7+ (Advanced)	55min	R \$120 / NR \$132	GRL718F6
Katheryn	Saturday	9:00am	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F6.1
Naja	Saturday	11:00am	Gym	Girls Ages 7-9 yrs	55min	R \$120 / NR \$132	GRL718F6.2
Girls Ages 9+							

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	7:00pm	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F1
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F3
Tori	Wednesday	7:00pm	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F3.1
Naja	Thursday	5:00pm	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F4
Maria	Saturday	8:00am	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F6
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F6.1
Tori	Saturday	11:00am	Gym	Girls Ages 9-13 yrs	55min	R \$120 / NR \$132	GRL918F6.2

Boys Ages 5 - 7

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)

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Jiri	Monday	4:00pm	Gym	Boys Ages 5-7 yrs	55min	R \$120 / NR \$132	BOY518F1
Tanner	Tuesday	3:00pm	Gym	Boys Ages 5-7 yrs	55min	R \$120 / NR \$132	BOY518F2
Jiri	Wednesday	3:45pm	Gym	Boys Ages 5-7 yrs	55 min	R \$120 / NR \$132	BOY518F3
Jiri	Saturday	9:00am	Gym	Boys Ages 5-7 yrs	55min	R \$120 / NR \$132	BOY518F6

Boys Ages 8 - 13

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)

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Jiri	Monday	5:00pm	Gym	Boys Ages 8+ yrs	55min	R \$120 / NR \$132	BOY818F1
Tanner	Wednesday	3:45pm	Gym	Boys Ages 8+ yrs	55min	R \$120 / NR \$132	BOY818F3
Jiri	Saturday	10:00am	Gym	Boys Ages 8+ yrs	55min	R \$120 / NR \$132	BOY818F6

Co-Ed Tumbling Ages 8+

Beginner/Intermediate – These classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks,

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Monday	3:00pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$120 / NR \$132	TUMB18F1
Jiri	Monday	6:00pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$120 / NR \$132	TUMB18F1.1
Shalyn	Tuesday	3:15pm	Gym	Co-ed Tumbling Ages 8+ (Advanced)	90min	R \$180 / NR \$198	TUMB18F2
Jo Marie	Wednesday	3:45pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$120 / NR \$132	TUMB18F3
Jo Marie	Thursday	3:00pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$120 / NR \$132	TUMB18F4
Naja	Friday	6:00pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$120 / NR \$132	TUMB18F5
Jiri	Saturday	11:00am	Gym	Co-ed Tumbling Ages 8+	55 min	R \$120 / NR \$132	TUMB18F6
Katheryn	Saturday	12:00pm	Gym	Co-ed Tumbling Ages 8+	55min	R \$120 / NR \$132	TUMB18F6.1

Special Needs Co-ed

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 #
Carmi	Wednesday	5:00pm	PS Gym	Sparkling Stars (Special Needs) Ages 6-11	45 min	R \$102 / NR \$120	SPL18FA3

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 #
Jiri	Monday	7:00pm	Gym	Adults	55 min	R \$120 / NR \$132	ADL18FA1
Carmi	Wednesday	7:00pm	Gym	Adult	55 min	R \$120 / NR \$132	ADL18FA3
Naja	Thursday	7:00pm	Gym	Adult	55 min	R \$120 / NR \$132	ADL18FA4