

## Sandy Springs Gymnastics Center at Hammond Park

**SPRING TERM: April 16 - May 26**

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: [Registration.SandySpringsGA.gov](http://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: **March 1** (for RETURNING Winter students only)  
Open Registration: **March 12**

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 #
Kamilah	Friday	10:00am	PS Gym	Wobblers	45min	R \$51 / NR \$60	WOB 9.1

### 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 #
Emily	Friday	11am	PS Gym	Stepping Stones	45min	R \$51 / NR \$60	SS 9.5

### 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 #
Tori	Monday	3:00pm	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.1
Kamilah	Wednesday	11:00am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.3
Tori	Wednesday	6:00pm	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.31
Emily	Thursday	10:00am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.4
Tori	Thursday	4:00pm	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.41
Emily	Friday	4:15pm	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.5
Kamilah	Saturday	10:10am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.61
Carmi	Saturday	10:10am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.63
Emily	Saturday	11:00am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.62
Carmi	Saturday	11:00am	PS Gym	Tumbling Tots	45min	R \$51 / NR \$60	TT 9.64

### 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 #
Emily	Monday	11:00am	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.1
Tori	Monday	6:00pm	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.12
Tori	Tuesday	4:00pm	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.2
Shalyn	Tuesday	4:15pm	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.21
Tori	Thursday	5:00pm	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.4
Kamilah	Friday	11:00am	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.5
Emily	Saturday	10:10am	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.6
Kamilah	Saturday	11:00am	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.62
Carmi	Saturday	12:00pm	PS Gym	Pre Gym I	45 min	R \$51 / NR \$60	PGI 9.63

### 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 #
Jo Marie	Monday	3:00pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.1
Aviva	Monday	3:30pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.11
Tori	Monday	5:00pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.12
Katheryn	Tuesday	3:00pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.21
Carmi	Wednesday	3:30pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PG II 9.31
Tori	Wednesday	4:00pm	PS Gym	Pre Gym II	45 min	R \$51 / NR \$60	PG II 9.33

Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.4
Emily	Friday	10am	PS Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.5
Emily	Saturday	9:00am	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.61
Tori	Saturday	9:00am	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.62
Tori	Saturday	11:00am	Gym	Pre Gym II	45min	R \$51 / NR \$60	PGII 9.63
Tori	Saturday	12:00pm	Gym	PreGym II	45min	R \$51 / NR \$60	PGII 9.64

#### 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	R \$60 / NR \$66	GRL5 9.1
Tori	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.11
Katheryn	Monday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.12
Katheryn	Monday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.13
Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.2
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.21
Tori	Tuesday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.22
Aviva	Wednesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.31
Katheryn	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.32
Tori	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.33
Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.41
Tori	Thursday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.42
Emily	Friday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.5
Tori	Saturday	8:00am	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.6
Kamilah	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.61
Carmi	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.62
Tori	Saturday	10:00am	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.63
Katheryn	Saturday	11:00am	Gym	Girls Ages 5-7 yrs	55min	R \$60 / NR \$66	GRL5 9.64
Kamilah	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	R \$60/ NR \$66	GRL5 9.65

#### Girls Ages 7 - 9 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	4:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.11
Tori	Tuesday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.2
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.3
Carmi	Wednesday	5:15pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.31
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.32
Aviva	Thursday	3:45pm	Gym	Girls Ages 7-9yrs	55min	R \$60 / NR \$66	GRL7 9.4
Aviva	Thursday	4:45pm	Gym	Girls Ages 7-9yrs (ADVANCED)	90min	R \$90 / NR \$99	GRL7 9.8
Katheryn	Thursday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.41
Katheryn	Thursday	6:00pm	Gym	Girls Ages 7+ (ADVANCED)	55min	R \$60 / NR \$66	GRL7 9.72
Carmi	Friday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.92
Emily	Saturday	8:00am	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.6
Katheryn	Saturday	9:00am	Gym	Girls Ages 7-9 yrs	55min	R \$60 / NR \$66	GRL7 9.61

#### 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 \$60/ NR \$66	GRL9 9.1
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	R \$60 / NR \$66	GRL9 9.3
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	R \$60/ NR \$66	GRL9 9.6

#### 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 #
Jo Marie	Monday	4:00pm	Gym	Boys Ages 5-7 yrs	55min	R \$60 / NR \$66	BOY5 9.1
Carmi	Wednesday	4:15pm	Gym	Boys Ages 5-7 yrs	55min	R \$60 / NR \$66	BOY5 9.2

#### 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 #
Aviva	Monday	4:15pm	Gym	Boys Ages 8+ yrs	55min	R \$60 / NR \$66	BOY8 9.1

#### Co-Ed Tumbling Ages 8+

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

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tori	Tuesday	7:00pm	Gym	Girls 13-17yrs Tumbling	55min	R \$60 / NR \$66	TUMB 9.21
Aviva	Wednesday	6:00pm	Gym	Co-ed Tumbling Ages 8+ yrs	55min	R \$60/ NR \$66	TUMB 9.4

Aviva	Thursday	6:30pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90min	R \$90 / NR \$99	TUMB 9.5
Katheryn	Saturday	12:00pm	Gym	Co-ed Tumbling Ages 8+	55min	R \$60 / NR \$66	TUMB 9.6
<b>Special Needs Co-ed</b>							
<p>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.</p>							
<b>Instructor</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Class</b>	<b>Duration</b>	<b>Fee</b>	<b>Activity #</b>
Aviva	Wednesday	5:00pm	Gym	Sparkling Stars (Special Needs) Ages 6-11	45mins	R \$51 / NR \$60	SPL 9.1
Carmi	Friday	5:00pm	Gym	Sparkling Stars (Special Needs) Ages 3-6	45mins	R \$51 / NR\$60	SPL 9.2
<b>Adults</b>							
<p>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.</p>							
<b>Instructor</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Class</b>	<b>Duration</b>	<b>Fee</b>	<b>Activity #</b>
Shalyn	Wednesday	7:45pm	Gym	Adult	55 min	R \$60 / NR \$66	ADL 9.1
Carmi	Friday	7:00pm	Gym	Adult	55 min	R \$60 / NR \$66	ADL 9.2