

**Patti Dunne's School of Gymnastics  
38 Pendleton Drive - Hebron, CT**

**Our Program**

Choosing a good youth program is a very important decision. Early childhood is a precious period of learning and growing which can never be repeated. With this in mind, our school offers a variety of programs carefully designed for different age groups. We provide a solid program with individual attention and training for children of all personalities and talents. Our goal is to provide experiences of a lasting nature, resulting in the development of self-worth and satisfaction through personal accomplishment. The result of our constant striving towards excellence in gymnastics education has been deeply appreciated by hundreds of area families. This is the reward that has kept us going strong for more than 30 years.

**Our Facility**

Our school is located at 38 Pendleton Drive, just off Route 66, in the center of Hebron. Our 8,000+ sq. ft. building is designed especially for gymnastics and is considered one of the state's finest training facilities. A full line of equipment is available with multiple sets to increase student learning, including an in-ground foam pit and a 40 foot tumble track. We strive to provide a clean, happy and wholesome atmosphere for children to learn and achieve.

**Our Staff**

Our staff consists primarily of college graduates and highly qualified gymnastic professionals with personalities conducive to working with children. Our Directors are USAG Professional Members, with First Aid, CPR, and Sport Safety Certification. In addition, we are proud to use an in-service training program to build the leadership abilities and teaching techniques of outstanding team athletes who assist our teachers as junior staff members.

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**Dunne's Gymnastics  
Summer Adventures 2010**

July 5 – August 14

**CLASS SCHEDULE & CODES**

**MONDAY – FRIDAY**

Summer Adventure Week Codes

GCS1, GCS2, GCS3,  
GCS4, GCS5, GCS6

**MONDAY**

8:00 AM -12:00 PM Summer Adventures  
9:00-9:45 AM Me & My Shadow  
9:00-9:45 AM Gym Tots

**CODE**

GCS  
MMM9  
GTM9

**TUESDAY**

8:00 AM -12:00 PM Summer Adventures  
9:00-10:00AM Gym Dandies  
5:00-6:30 PM Intermediate Gym  
6:30-7:30 PM Gym Dandies  
6:30-7:30 PM General Gymnastics  
7:30-8:30 PM Beginner Tumbling  
7:30-8:30 PM Int. / Adv. Tumbling

**CODE**

GCS  
GDT9  
IGT5  
GDT6  
GGT6  
BTBT7  
IATT7

**WEDNESDAY**

8:00 AM -12:00 PM Summer Adventures  
9:00-9:45 AM Me & My Shadow  
9:00-9:45 AM Gym Tots

**CODE**

GCS  
MMW9  
GTW9

**THURSDAY**

8:00 AM -12:00 PM Summer Adventures  
9:00-9:45 AM Gym Tots  
9:00-10:00 AM Gym Dandies  
4:00-5:00 PM General Gymnastics

**CODE**

GCS  
GTR9  
GDR9  
GGR4

**FRIDAY**

8:00 AM -12:00 PM Summer Adventures  
9:00-9:45 AM Me & My Shadow  
9:00-9:45 AM Gym Tots  
10:00-10:45 AM Me & My Shadow  
10:00-11:00 AM Gym Dandies  
11:00-12:00 PM General Gymnastics

**CODE**

GCS  
MMS9  
GTS9  
MMS10  
GDS10  
GGS11

**TUITION PRICES**

Me & My Shadow	\$84.00
Gym Tots	\$87.00
Gym Dandies	\$90.00
General Gymnastics	\$93.00
Intermediate Gymnastics	\$126.00
Tumbling	\$93.00
Summer Adventure Week	\$190.00

**\*please circle class choice and retain for your records.**

☺ ☺ **PRESCHOOL FITNESS** ☺ ☺

**ME & MY SHADOW (walking to age 3)**

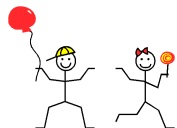
This program for parents and their little one allows them to work together and discover the fun and benefits of social interaction and physical fitness. Toddlers and parents will enjoy a large structured play area complete with incline mats, block shapes, mini rings, foam landing pit, parachute, balance beams, bars and youth sports equipment. Activities will facilitate the development of strength, balance, coordination, flexibility, confidence and important listening and socialization skills.

**GYM TOTS (ages 3 & 4)**

For the child who is ready to participate without Mom or Dad, we offer a 45 minute class for kids only. Our nurturing staff will encourage your youngster to try out their independence in a safe and loving environment. These are important moments for our little ones as they are now in a position to develop a sense of self-worth and confidence which they will carry with them for life. Through creative structuring of various circuits throughout the gym, your child will be given countless opportunities to experience repeated success at his/her own rate. All this is achieved in a fun, loving and positive atmosphere.

**GYM DANDIES (ages 4-6)**

Children will be exposed to gymnastics in a creative and positive manner that will foster a healthy self-image and build confidence. Through extensive use of circuits, your child will be able to successfully complete tasks which will pave the road for future fundamental gymnastic skills. Development of listening skills and physical control are emphasized. The benefit of early gymnastics participation serves as a foundation of strength, flexibility and agility which will carry on to future sports your child may wish to pursue.



All Preschool fitness classes incorporate manipulative skills using balls, hoops, parachutes, ribbons and lummi sticks. We make learning fun and exciting for the children while encouraging their unlimited supply of creative ideas.

★★ **REACH FOR THE STARS** ★★

General and Intermediate Classes for school-age girls and boys offer instruction on all Olympic Apparatus as well as our 40 foot Tumble Track. Our goal oriented, progressive curriculum has proven to be successful and motivating for achieving fundamental skills. Students should arrive 10 minutes prior to class for a warm-up and conditioning program.

**GENERAL GYMNASTICS**

(ages 6 and up)

This 1 hour class is for boys and girls at the beginner and advanced beginner levels. Students are grouped according to age and ability level and encouraged to achieve at their own pace. This is a 1-hour class.

**INTERMEDIATE GYMNASTICS**

This 1 ½ hour class is for boys and girls are designed for students who have mastered basic gymnastics skills and desire a longer class with an emphasis on learning more advanced skills. Classes last for 1.5 hours.

***Tumbling Class***

A great opportunity for cheerleaders and gymnasts! This class will focus on learning and improving tumbling skills necessary for competitions or just plain fun! This class is for ages 8 through high school, and will be broken into groups based on skill.

**SUMMER ADVENTURES  
GYMNASTICS THEME WEEKS**

**(Meet friends, have fun and enjoy lots of gym time!)**

**Monday -Friday 8:00 AM -12:00 PM  
Choose from 6 available weeks, see insert.**



**REGISTRATION FORM  
DUNNE'S SUMMER ADVENTURES 2010  
July 5th→August 14<sup>th</sup>  
(TUITION DUE UPON REGISTRATION)**

Students Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Class Code: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Emergency Contact Person: \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Special Medical considerations including fears & concerns: \_\_\_\_\_

I, \_\_\_\_\_, permit my child or ward to enroll and participate as a student at Patti Dunne's School of Gymnastics, Inc. I release its employees, instructors, agents, directors and officers from any and all claims, demands, liabilities, harm or damage which may result to my child or ward. I understand that any activity which involves motion, rotation, height or inversion may cause serious accidental injury. I have obtained individual health and accident insurance which covers myself and my child for any gymnastics activity. I, the undersigned, have read this release and understand all it's terms, I execute it voluntarily and with full knowledge of its significance.

Signed: \_\_\_\_\_

**PLEASE RETURN THIS PART OF REGISTRATION FORM WITH TUITION PAYMENT. KEEP THE REST OF THE FLYER FOR YOUR RECORDS. NO CONFIRMATION WILL BE SENT. MARK YOUR CALENDARS TODAY.**

TUITION AMOUNT ENCLOSED \_\_\_\_\_.

# Patti Dunne's School of Gymnastics Summer Adventures \* July 5-August 13, 2010

6/ One-Week Sessions: Monday-Friday, 8:00am-12:00pm

Children will enjoy instruction on Olympic Apparatus and In-Ground Tumble Track & Foam Pit. Theme Weeks are rounded out with arts & crafts, cooperative games, waterslide & special events to make for an exciting and unforgettable summer experience. Children should bring a snack and drink. NO NUT PRODUCTS, PLEASE.

## Week #1 Castaway Pirates Adventure (July 5-9)



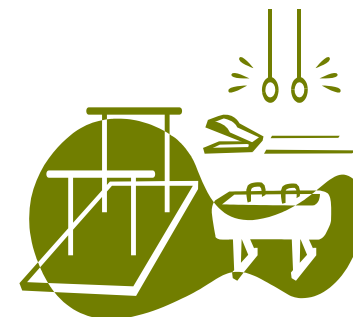
A week-long scavenger hunt in search of the Castaways Buried Treasure. Our young pirates will earn golden coins for outstanding merit and gymnastics achievement which will lead them to the treasure chest on the last day of our adventure. Join us as we solve riddles, find clues, and perform gymnastics skills on our quest to find the Castaways Treasure. On Friday, our gymnasts will celebrate their week of adventure with the gym's largest "Pirate Obstacle Course". Ages 5 & up.

## Week #2 Dunne's Sports Spectacular (July 12-16)



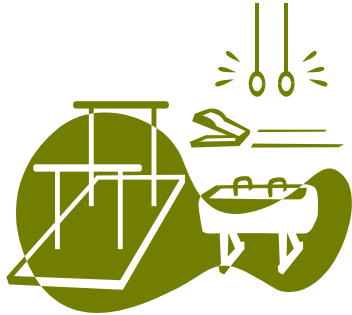
Calling all sports fans! This week we offer a great variety of team and individual sports. Instruction and many opportunities to participate in the following sporting events: golf, whiffle ball, basketball, rock climbing, & gymnastics. Children will enjoy gym time every day in addition to our "sport of the day". On Friday, we will celebrate with our "Dunne's Olympics" highlighting skill and sportsmanship. Everyone is a champion at Dunne's Sports Spectacular! Great for ages 5 & up.

## Week #3 Funtastic Gymnastics Meet (July 19-23)



All gymnasts will prepare routines and learn a group warm up to showcase at the end of the week. The focus will be on sequencing skills into combinations and memorizing short routines. Routine segments will be taken from the USAG Junior Olympic Skill Progression Program. This week is ideal for mini mites, mighty mites, and any general or intermediate boys or girls who are interested in competitive gymnastics. Our fun meet will take place on Friday, and spectators are welcome. Ages 6 & up.

**Week #4 Funtastic Gymnastics Meet  
(July 26-30)**



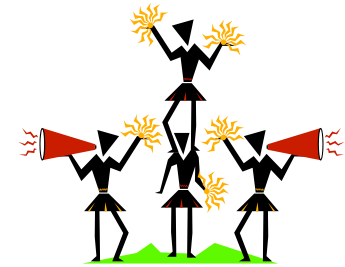
All gymnasts will prepare routines and learn a group warm up to showcase at the end of the week. The focus will be on sequencing skills into combinations and memorizing short routines. Routine segments will be taken from the USAG Junior Olympic Skill Progression Program. This week is ideal for mini mites, mighty mights, and any general or intermediate boys or girls who are interested in competitive gymnastics. Our fun meet will take place on Friday, and spectators are welcome. Ages 6 & up.

**Week #5 Kids Summer Survivor Challenge  
(August 2-6)**

The ultimate in gymnastics adventures! Color groups will show spirit and teamwork as they battle to earn the coveted team flag and friendship post. This week will be filled with physical challenges, adventure and fun. Kids will swing, jump, and climb through obstacles on Castaway Island, finding clues and courage to reach the ultimate goal. On Friday, we will take a splash down our inflatable waterslide and celebrate a great week with our Camper & Staff "Survivor Beach Party". Ages 5 & up.



**Week #6 Cheers!  
(August 9-13)**



Join our All-Star Cheer coaches and Cheerleaders as we salute a great summer! This week of cheer will include tumbling, stunting, cheer & dance for girls & boys of all levels. (newcomers welcome!) We will focus on skill development and team building. Tumbling instruction will concentrate on skills necessary for cheer team participation. This group will learn a customized routine to showcase on Friday for family and friends. Ages 5 thru 12 welcome, students will be grouped by age and ability.

**Registering now for all summer activities. Summer Adventure Weeks 2010 Tuition: \$190 per week. (Register for more than one week and receive 10% discount for additional weeks. Register by May 15<sup>th</sup> to receive a \$10 early bird discount, for week-long sessions only.)**

**All registrations must be accompanied by full payment. Tuition is non-refundable.**

**PATTI DUNNE'S SCHOOL OF GYMNASTICS \* 38 PENDLETON DRIVE \* HEBRON, CT 06248 \* (860) 228-1004**