

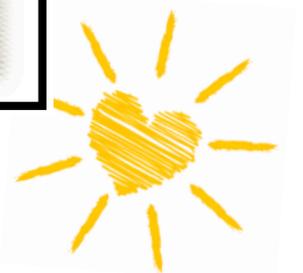


**WISCONSIN RAPIDS  
PUBLIC SCHOOLS**

**Gymnastics 2024**



**Join the Fun!**



## OPTIONS FOR SUMMER GYMNASTICS REGISTRATION

**All** gymnastics students will complete the registration and course selection process online this year through Skyward Family Access regardless of what school or district they attend during the school year. If your student(s) does not currently attend WRPS, you will have to complete a brief google form found [here](#) to create your Family Access account. The form is available now to allow you to create your Family Access account in advance of the opening of the registration/course selection process on May 1st.

**COST:** *Gymnastics Lessons:* No cost to resident students. Non-Resident fee: \$40.00 Payment for each session due at registration. Please mail payment to WRPS, 510 Peach Street, Wisconsin Rapids, WI 54494, Attn: Jean Westover.

**Age Requirement:** Minimum age - completed Kindergarten

**Registration questions? Call Jean Westover at 715-424-6715, ext. 2.**

**Levels of instruction offered:**

- **Beginner gymnastics**
- **Intermediate gymnastics**
- **Advanced gymnastics**
- **Pre-team advanced skill development**

**Location:** LHS Gymnastic Room, Monday through Thursday

**Session Dates:** June 10th - 27th

**CLASS TIMES:**

**Period 1 - 9:00-9:45 a.m.    Period 2 - 10:00-10:45 a.m.    Period 3 - 11:00-11:45 a.m.**

### **Beginner Gymnastics**

Participation is designed to enhance strength, balance and flexibility on all gymnastic apparatus: vault, uneven parallel bars, balance beam and floor.

Skills include:

Floor: Cartwheels, handstand hold & jumps/leaps    Bars: Casting skills and Swinging skills  
Beam: Jumps, releve walks & high kicks    Vault: Squat on, Straight jump to stick

### **Intermediate Gymnastics**

Participation is designed for those eager to develop their skills and continue in gymnastics at a quicker pace.

Skills include:

Floor: Backbend, kickover, handstand roll,    Bars: Pullover, back hip circle, casts, and  
   levers & round offs    underswing  
Beam: Cartwheel, leaps & turns, lever in & out    Vault: Pike on, hollow body fall, and hollow  
   body    fall and beginning handspring vaults

## **Advanced Gymnastics**

Participation is designed for focus on skill development, conditioning and flexibility

Skills include:

Floor: Front and back walkovers and handsprings    Bars: Glide kip, casts and hip circles  
Beam: Cartwheels, handstands, leaps and jumps    Vault: Handsprings

## **Pre-Team Advanced Skill Development (Middle and Senior High)**

This class is designed to offer techniques and training necessary for competitive gymnastic teams. Participants should be at the advanced gymnastics level. Gymnasts will be focusing on skill development, condition and flexibility.

**Class Time: 7:15-8:45 a.m.**

**Days: Monday through Thursday**

**Dates: June 10th - June 27th**

Participants will concentrate on body form and technique while developing the skills necessary for the competitive gymnastics team.

## **Instructions for Summer Academy Gymnastics Class Scheduling**

In Family Access, click on the Arena Scheduling tab. Under Summer Swim & Gymnastics, choose Gymnastics 1.



Gymnastics 1 – Gymnastics Session 1 June 10-June 27

Once you have chosen the session, you will see all the classes available for that activity during that session. Class descriptions can be found above.

2020-21		Adeline (Summer Swim & Gymnastics)						
Arena Scheduling	Option	Fit	Seats Avail	Course	Days Meet	Prd	Trm	*Ind
Calendar	Add	Yes	20	Advanced S1 10:00	MTWR	1	G1	
Gradebook	Add	Yes	20	Advanced S1 11:00	MTWR	1	G1	
Attendance	Add	Yes	20	Advanced S1 9:00	MTWR	1	G1	
Student Info	Add	Yes	20	Beginner S1 10:00	MTWR	1	G1	
Busing	Add	Yes	20	Beginner S1 11:00	MTWR	1	G1	
Food Service	Add	Yes	20	Beginner S1 9:00	MTWR	1	G1	
Schedule	Add	Yes	20	Intermediate S1 10:00	MTWR	1	G1	
Fee Management	Add	Yes	20	Intermediate S1 11:00	MTWR	1	G1	
	Add	Yes	20	Intermediate S1 9:00	MTWR	1	G1	

The time is listed in the Course column along with the Course Name. Click on **Add** from the Option column when you find the class you are looking for. Once the class is full you will see "Closed" in the Seats Available column and an F in the Indicators column. You can change classes during the time period that Arena Scheduling is open, class size permitting. Just choose the session you would like to change and use the Remove button to remove the class and then the Add button to add a different class.

**CONTACT INFORMATION**

Specific questions regarding Summer Academy should be directed to:

Gymnastics: Kylie Barnes [kylie.barnes@wrps.net](mailto:kylie.barnes@wrps.net)

Registration Coordinator: Jean Westover (715) 424-6715 x1037; [jean.westover@wrps.net](mailto:jean.westover@wrps.net)

Summer Academy Principal: Leslie Anderson; [leslie.anderson@wrps.net](mailto:leslie.anderson@wrps.net)