



# Grand Island Recreation Department



## Let's Move: Kidnastics

Introduction to movement and gymnastics skills

**When:** Monday Evenings

5 Weeks - March 9, 16, 23, 30; April 6

**Where:** Community Center at Nike Base Park

3278 Whitehaven Road

**Who:** Kids ages 3-10 \*limited to 12 kids per age group

3-4 years old - 5:30 - 6:15 p.m.

5-7 years old - 6:20 - 7:05 p.m.

8-10 years old - 7:10 - 7:55 p.m.

**What:** Kidnastics is a child-centered approach to teaching gymnastics. Children will learn basic locomotor movements and gymnastics skills including: rolling, rotation, jumping, landing and balancing. Children will learn through group instruction, one on one skill work and game play.

**Registration/**

**Additional info:**

- Register online at <https://grandislandny.myrec.com> or by calling the Recreation Office at 773-9680.
- Registration opens Feb. 6 at 8:00 a.m. for residents and Feb. 13 at 8:00 a.m. for non-residents.
- Cost is \$25.00 for residents and \$50.00 for non-residents.
- Please bring a water bottle & wear comfortable athletic clothing that can be tucked in when performing rolling and rotation movements.