

Central Bucks School of Gymnastics, Inc.

Established 1973

Our Programs

The Central Bucks School of Gymnastics, Inc. began in 1973 and has continually provided a wide range of high quality instructional and competitive opportunities for its members. The School has expanded through three locations as its classes and competitive teams have increased in size. The current 10,000 square foot building in Plumstead Township offers an air-conditioned dance studio, a 2,500 square foot "power floor," a Tumble Track, a large pit filled with foam blocks, as well as other well-maintained gymnastic and safety equipment.

The popular **GymKids Gymnastic Program** consists of five different class groupings for boys and girls 2-6 years old and a gym/ballet combination class. Instructors experienced in early childhood development introduce skills appropriate to the children's ages, enhancing coordination, basic muscle strength, social development, and self-esteem. This is truly a fun-loving approach to the fundamentals of body awareness and gymnastics. The **GymStars Gymnastic Program** for girls in first grade and older provides an opportunity for children to continue working with gymnastic equipment, developing skills necessary for life-long physical fitness and self-confidence.

The roots of the school's highly successful competitive **Team Program** lie in the enjoyable and challenging instructional classes offered by the school. C.B. has long been the home of one of Pennsylvania's best gymnastic teams. The success of the team level gymnasts has attracted scholarship interest from major colleges and universities throughout the country. Approximately 90% of graduating team members have received full or partial college scholarships.

The **Dance Program** was initiated to provide specialized training to team gymnasts. By popular demand, the Dance Program was expanded to offer public classes in 1982 under the direction of Lee Wilson. The Dance Program currently offers Jazz, Modern, Tap, Ballet, Hip-Hop, and Preschool dance classes under the direction of Tracey Burroughs who begins her sixth year as Director. The Dance Program also offers by-invitation-only Performance Groups and Dance Companies. Annually, the Dance Program stages a Dance Concert, receiving critical acclaim for the high caliber of the dance performances.

The **Yoga for Youngsters Program** was added in late spring of 2009 under the direction of Sara Grogan, a certified children's Yoga instructor. This program for boys and girls ages 4 through 12 provides children with increased mind/body awareness, strength, flexibility, and self-esteem; promotes calmness and anxiety and tension relief; and improves concentration and posture through a theme-based curriculum. The Yoga for Youngsters program is based on the belief that children learn best when they are having fun!

Registration for Classes

Registration for classes takes place during our regular office hours. A Registration Card/Liability Waiver must be completed and signed by a parent or legal guardian of each class participant before beginning any class.

A Registration Fee must be paid only once from September through August of each year for each class participant. No discounts apply to the Registration Fee. The Registration Fee for each class participant beginning classes in Session 1 is \$30.00, Session 2 is \$25.00, Session 3 is \$20.00, Session 4 is \$15.00, and the Summer Session is \$5.00. All class fees and the Registration Fee must be paid prior the first class.

2009-2010 Schedule

Session 1: September 8, 2009 – November 14, 2009

Session 2: November 16, 2009 – January 30, 2010

Session 3: February 1, 2010 – April 10, 2010

Session 4: April 12, 2010 – June 19, 2010

Yoga for Youngsters

Laugh. Stretch. EMPOWER.

Children's Yoga has been shown to have the following benefits for children:

- Increased Flexibility
- Increased Self-Esteem
- Promotes Calmness
- Anxiety & Tension Relief
- Mind/Body Awareness
- Improved Concentration
- More Strength
- Improved Posture

The Yoga for Youngsters program is based upon the belief that children learn best when they are having fun! The theme-based curriculum includes:

- Movement & Music
- Art & Journaling
- Literature
- Breath Work
- Creative Visualization

Yoga for Youngsters Class Schedule

Monday 4:45-5:30 Ages 4-7 years

Monday 5:45-6:30 Ages 8-12 years

Yoga for Youngsters Class Fees

\$144.00 - 10 week session • \$130.00 - 9 week session

ALL PRICES SUBJECT TO CHANGE.

Each participant needs to bring a yoga mat to use while participating in a Yoga for Youngsters class. Yoga mats are available for purchase in the Chalk Shop for \$8.50.

Sara Grogan, Yoga for Youngsters Program Director & Certified Children's Yoga Instructor

For more information: WWW.YOGA.CBGYM.COM • To directly contact Sara: 267-372-4341 or saragrogan@gmail.com