



City of Vero Beach Recreation Department's Centerstage Acrobatic Complex

Centerstage is a 4,500-square-foot gymnastics facility in Vero Beach that offers recreational and performing arts classes for boys and girls ages walking to adult. All gymnastics staff have been trained and are under the direction of USA Gymnastics National Safety Instruction. The City of Vero Beach Recreation Department's philosophy is to promote self-esteem, leadership, and performing experience through skill-building and positive encouragement. We emphasize the education and accomplishment of performing skills at the students individual, progressive level without the pressure of competition. We believe that all children are capable and ingenious individuals. Gymnastics is a medium for kids to explore and build on their physical, mental and emotional capabilities. It is a sport that presents challenges in new and exciting formats that is pure fun for kids. The developmental skills gained through gymnastics classes lay the foundation for future use in many other sports. In addition, the personal lessons learned through goal setting, perseverance and self reflection are useful for a lifetime of adventures.

Gymnastics/Aerial Registration Dates in 2017:

January 21st

Session begins: 1/24/17

April 1st

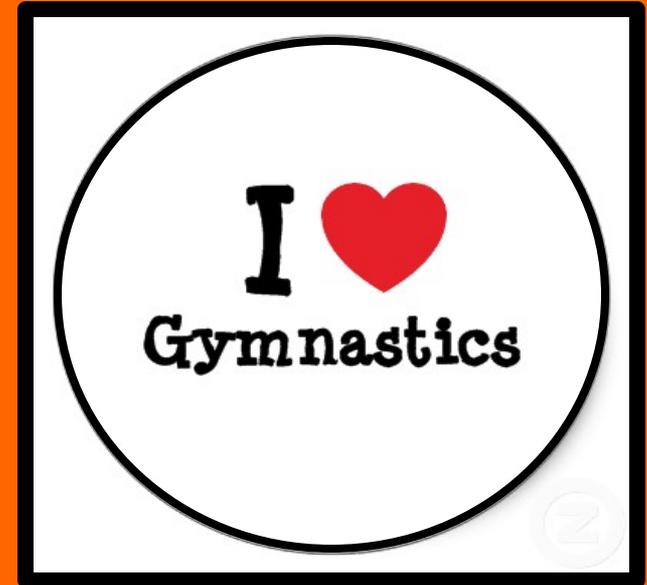
Session begins: 1/4/17

June 3rd

Session begins: 6/13/17

August 26th

Session begins: 8/29/17



ALL REGISTRATIONS ARE HELD
AT LEISURE SQUARE
(3705 16th STREET) BEGINNING
AT 8:00 AM

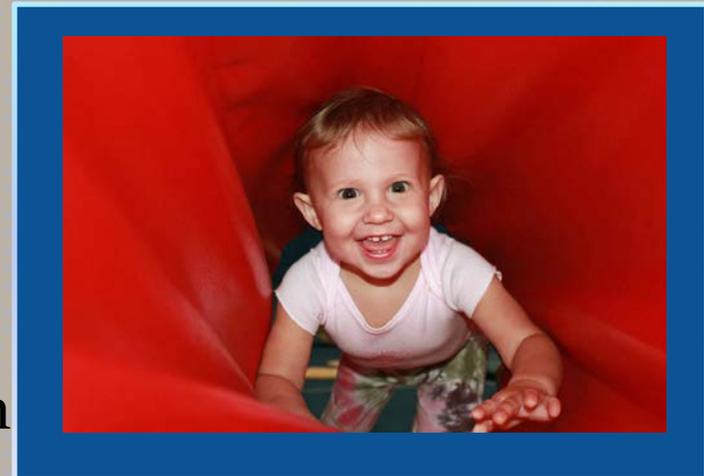


Centerstage is a proud supporter of USA Gymnastics organization

Diaper Daredevils (Ages walking to 3 years)

This class is designed as an introduction to the world of gymnastics. This is a fun class for you and your youngster ages walking to 3 years old. The children will explore movement in a maze of colorful equipment with the help of you and a caring staff who will encourage your child's natural desire to explore movement. Spend time with your child while enjoying a fun and colorful adventure.

*Parent participation is required.



Thursday.....10:00 – 10:30am

Saturday9:30 – 10:00am

Fee, City Resident.....\$ 30.00 for session

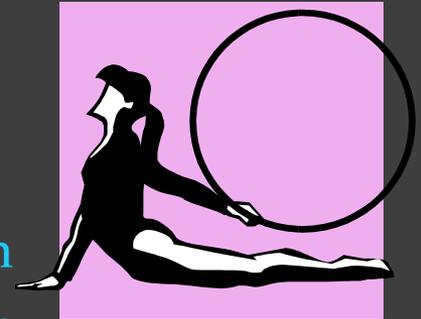
Fee, County Resident.....\$ 50.00 for session

Class offered: Every Session



ACRO TOTS

Ages 3-5 yr



- Wednesday ..5:00 – 6:00pm
- Thursday5:00 – 6:00pm
- Saturday.....10:00-11:00am



- Fee, City Resident.....\$ 45.00
- Fee, County Resident.\$ 65.00

- A class that creates movement in the 3-5 year old by utilizing gymnastics apparatus. Our instructors introduce your child to gymnastics in a skill structured but fun, age appropriate environment. Your child will playfully learn gymnastics while developing strength, balance, flexibility and coordination. This is the first gymnastics class where the child participates without a parent.

Beginner
Gymnastics



&



Intermediate /
Advanced
Gymnastics

Beginner class for the 6-12 year old gymnast who has had little or no gymnastics training. Beginner Gymnastics will teach the basic skills on floor, bars, beam, trampoline and mini-trampoline. This class meets once a week.
Tuesday4:00 –5:00pm

Fee, City Resident...\$ 45.00

Fee, County Resident\$ 65.00

Class offered: Fall 1, Fall 2, Winter, Spring Sessions

Intermediate/Advanced is for the 6-12 year old gymnast. A backbend and strong cartwheel must be mastered to register for this class. Participants will learn and perform advanced skills on floor, bars, beam, trampoline, and mini-trampoline. This class meets once a week.

Tuesday5:00 – 6:00pm

Fee, City Resident.....\$ 45.00

Fee, County Resident.....\$ 65.00

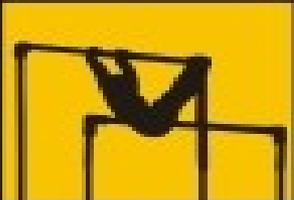
Class offered: Fall 1, Fall 2, Winter, Spring Sessions



Beam



Vault



Bars



Floor



KID-nastics

Saturday

11:00- 12:00pm

Class offered: Every Session

Fee, City Resident

\$ 45.00

Fee, County

Resident

\$ 65.00

A comprehensive and all-inclusive class combining gymnastics and dance.

Students will receive instruction in bars, balance beam, floor exercise, as well as trampoline. Each class is designed to be exciting and fun while maintaining a safe, disciplined environment. Benefits include increased flexibility, strength, self esteem, and self confidence.

Ages 6 and up.

EVER THOUGHT ABOUT HANGING ON A TRAPEZE OR FABRIC SILK?

Now is your chance!



Aerial/Gymnastics

A class for 8-14 year old interested in learning skills in aerial equipment and gymnastics. Class is limited to 12 participants. Students will develop the skills necessary to create acts on aerial apparatus in pairs and alone. The curriculum will be built around the students to allow personalized development and attention. Students will work on various aerial disciplines, improve strength and flexibility, develop new skills, and learn combinations and sequences tailored to their abilities. Apparatuses include rings, trapeze, web, hoop and more. Mixed levels.

- Thursday4:00 – 5:00pm
- Saturday12:00 – 1:00pm
- Fee, City Resident.....\$ 45.00
- Fee, County Resident.....\$ 65.00

Centerstage believes in building strong kids, adults and families through a progressive sports program stressing skill development, fun, physical fitness. We strive to support and strengthen family life, teach physical skills, build self-esteem, provide everyone an opportunity to participate and keep competition in proper perspective.

Children will learn the basics of a variety of gymnastics, aerial skills, dance and circus arts. This program is for home schooled students ages 5-14.

Home School Physical Fitness

Tuesday.....3:00 - 4:00

Fee, City Resident.....\$ 45.00

Fee, County Residents\$ 65.00

Offered : Fall 1 and Spring Sessions