Sokol Gymnastics provides a safe and fun learning environment, all while challenging your child to master exciting new skills.

Our program boasts small class sizes, allowing each gymnast plenty of individual attention. Moreover, our program is designed to accommodate a variety of ages across all abilities from beginner to intermediate all the way up to advanced and competition.

Our program is lead by experienced and qualified instructors. We take pride in sending our coaches to National Instructors' Schools around the country. This training allows us to meet the needs of our students while applying the latest techniques in the gymnastics world.

Sokol Minnesota is part of the American Sokol, which has gymnastics programs in 24 units across the United States.

For more information
Czech and Slovak Sokol Minnesota
fitness@sokolmn.org
651-290-0542

Sokol Instructors
Junior Instructors: Lily, Anna, and Mitchell;
Experienced Instructors: Boys' Head Coach Jason,
Women's Head Coach Courtney, and Matt.

Czech and Slovak
Sokol Minnesota

2022 - 2023 Schedule
Each Session is 10 Weeks

- **Session I**
  September 12 to November 17
- **Session II**
  November 28 to February 16
  (no classes December 19 – 29)
- **Session III**
  February 20 to April 27

GYMNASTICS
In the historic C.S.P.S. Hall
383 Michigan Street, Saint Paul
at the intersections of
Michigan, Western, and West 7th Streets

Providing fitness programming in the
West 7th area of Saint Paul
for over 130 years
CZECH AND SLOVAK SOKOL MINNESOTA
GYMNASTICS CLASS INFORMATION

Busy Bees & Tumble Bugs
Tuesday Class
Thursday Class

Young beginner classes for boys and girls ages 4 to 6 held every week: 5:45 - 6:45 p.m. (each class meets one time per week)

Tuesdays: Busy Bees OR
Thursdays: Tumble Bugs

The goal of these classes is to provide a solid introduction of gymnastics and to improve coordination and locomotor skills.

Boys Class

Boys from ages 7+
Mondays: 5:45 - 6:45 p.m.
Boys work to learn the basics of gymnastics while learning technique, form, and strength building.
Optional competition for boys may be possible based on interest.

Acro Cats Class

Female gymnasts ages 7 and 8, Tuesdays & Thursdays: 5:45 - 6:45 p.m. are together twice weekly in a combined beginners/intermediate/advanced class. Each student sets individual goals and then follows the proper progressions to meet those goals. Meeting twice a week in class will facilitate quicker skill mastery.

Advanced Class

Female gymnasts ages 9-17 are together in a combined beginners/intermediate/advanced class on Tuesdays for those gymnasts who do not plan to participate in the optional spring competition. Class meets Tuesdays: 6:45 - 8:15 p.m.

Competition Class

Female gymnasts ages 9-17 years, who do plan to participate in the optional spring competition, are together in a combined beginners/intermediate/advanced class on Tuesdays & Thursdays: 6:45-8:15 p.m.

Requirements

• Bare feet are mandatory for safety of the gymnasts.
• Leotards are recommended.
• Adherence to gym safety rules as posted.

Cost per Session

Busy Bees & Tumble Bugs Class ... $80
Boys Class... $90
Acro Cats Class... $105
Advanced Class... $105
Competition Class... $155

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