

PRESCHOOL GYMNASTICS (WALKING AGE - 7 YEARS OLD; CO-ED)
- DROP BY END OF THE MONTH

PLAYFUL PARENTING (WALKING AGE - 3 YEARS OLD) - 60 MINS

Geared for children walking to 3 years old. This child parent class works fine, gross and perceptual motor skills while becoming familiar with the equipment without fear!

The class starts off with a circle warm-up, includes group play and an obstacle course, time in our sensory “silly” pool, and ends with a parachute activity and sticker.

ROLL TOT (CO-ED 3 - 4 YEARS OLD) - 60 MINS This class is an intro to the gym without parents. Our preschool program focuses on movement based classes that keep the kids moving during the class with games and circuit learning. We start class with a warm up song or activity followed by a floor circuit and then venture onto the gymnastics equipment for bars, beam, vault, and more!

Class Skills

Animal Walks | Bear, Crab, Bunny, Donkey Kicks
Gymnastic Shapes | Straight, Straddle, Pike, Squat, Tuck
Rolls (Log, Forward, Backward)
Beginner Handstands and Cartwheel Drills

GYM TOTS (CO-ED 4 - 5 YEARS OLD) - 60 MINUTES

The next step up after our Roll Tot class is our Gym Tot Class! We start class with a warm up song or activity followed by a floor circuit and then venture onto the gymnastics equipment for bars, beam, vault, and more! Our Gym Tot class focuses on introducing more advanced skills and building confidence to try skills independently while keeping class playful and fun!

Class Skills

Gymnastic Shapes | Straight, Straddle, Pike, Squat, Tuck, Lunge,

Candlestick

Locomotion Skill | Hop, Skip, Leap, Jump, Gallop, Slide

Forward Rolls (Straddle, Squat),

Back roll to Squat on Wedge

Wall Handstands, Cartwheels, Beginner Bridges, Headstands

KINDERGYM (CO-ED 6-7 YEARS OLD) - 60 MINUTES

The first step in our school-age gymnastics program is KinderGym!

Athletes will warm up followed by a floor circuit and then venture onto

the gymnastics equipment for bars, beam, vault, and more! Our

KinderGym athletes experience gymnastics more independently with

drills and stations built to follow skill progressions to build on our

preschool-age curriculum. Athletes also get to experience more skills on

our full-sized equipment while incorporating strength, flexibility, and

body awareness.

Class Skills

Gymnastic Shapes | Straight, Straddle, Pike, Squat, Tuck, Lunge,

Candlestick

Locomotion Skill | Hop, Skip, Leap, Jump, Gallop, Slide

Forward Rolls (Straddle, Squat),

Back Roll to Squat and Pushup Position

Handstands, Cartwheels, Bridges, Kickovers, Headstands

GIRLS RECREATIONAL GYMNASTICS (8-14 YEARS OLD)

- DROP BY END OF THE MONTH

GYMNASTICS 101 (8 YEARS & OLDER) - 60 MINUTES

This is an introductory class to gymnastics on full-size equipment for

those above the age of eight and want a more skill focused class. This

class is great for those who need to work on mastering their body

control and beginner skills. Our classes begin with a 20 minute warm-up and stretch followed by a monthly event rotation schedule. The class will cover events such as Bar, Beam, Floor, Trampoline, Vault.

Class Skills

Gymnastic Shapes | Straight, Straddle, Pike, Squat, Tuck, Lunge
Forward Rolls (Straddle, Squat),
Back Roll to Squat and Pushup Position
Handstands, Cartwheels, Bridges, Kickovers, Headstands, Splits
Bars: Pull-overs, Casts, Back Hip Circles, Beginner Squat Ons

*****Upper level Classes (102 & Above) will need to contact the office via email or phone after completing an account to verify the students skill level*****

****GYMNASTICS 102 (8 YEARS & OLDER) - 60 MINUTES**

This is the next step after our Gymnastics 101 class. This is for those who have mastered the skills above and want to continue to build off the basics to advance their gymnastics.

Our classes start out with a 20 minute warm-up followed by a monthly rotation schedule. The class will cover events such as Bar, Beam, Floor, Trampoline, Vault.

Class Skills

Dive Roll
Back roll to Push-up
Handstand Forward Roll
Handstand to Bridge
Back Walkovers & Front Walkovers
Round-offs
Bars: Glide, Pull-overs, Casts, Back Hip Circle, Dismounts, Squat-on, Front hip Circle

BOYS GYMNASTICS (6 YEARS & OLDER)

BOY'S RECREATIONAL TUMBLING (6 YEARS & OLDER) - 60 MINUTES

The Boys Tumbling Program is great for boys who have seemingly endless amounts of energy to burn!

Boys Recreational Gymnastics concentrates on building proper basics on the floor. There is a strong emphasis placed on conditioning and strength building. Boys in our program will learn the importance of goal setting and self-discipline with fun and enthusiasm!

TUMBLING PROGRAM (CO-ED 6 YEARS & OLDER)

TUMBLING IS FLOOR SKILLS ONLY; NO BARS OR BEAM

TUMBLING 101 - 60 MINUTES

Skills: Handstands
Forward/Back Roll
Cartwheel/Round-offs
Bridges/Backbend/Back Kickover

****TUMBLING 102 - BACK HANDSPRINGS - 60 MINUTES FRONT AND BACK WALKOVER PREREQUISITE**

Skills: Back Handsprings
-BHS,BHS
-Round-off BHS
Front Handspring

****TUMBLING 103 - 60 MINUTES STANDING BACK HANDSPRING PREREQUISITE**

Skills: Roundoff Back Handsprings, Front Handsprings

Front & Back Tuck Drills

Front & Side Aerials and Drills

****ADVANCED TUMBLING - 60 MINUTES**
ROUNDOFF MULTIPLE BACK HANDSPRINGS PREREQUISITE

Standing Back Tuck
Round-off BHS Back Tuck
Front Tucks

Step-out Round-off Back Handspring Back Tuck
Front Handspring Front Tuck
Round-off Back Handspring Back Layout 1/1

Competitive Program

PRE-TEAM PROGRAM (COACH RECOMMENDED)

- 4 WEEK NOTICE PRIOR TO LEAVING

PETITES PREP - 90 MINUTES

This is a pre-competitive program, these levels are a more advanced classes for the school-aged child. Beginner level Xcel Bronze skills are taught. This class also focuses on gaining strength and flexibility needed to be able to complete more advanced gymnastics skills independently.

XCEL TEAM - INTERMEDIATE SKILL LEVEL REQUIRED

- 1 MONTH NOTICE PRIOR TO LEAVING

TRY-OUTS ARE IN THE SUMMER!

Commitment: All Year; Competitive Season runs November-May
Girls have the opportunity to compete in teams under the direction of the USA
Gymnastics Xcel programs (Bronze - Gold)

Participation is by recommendation only.

Additional expenses:

Meet Fees

Team Leotards, Backpacks, Warmups

Who it's for:

Those who are ready to learn routines and more advanced gymnastics
skills

Those who want to compete in formal gymnastics competitions