Class Descriptions

Parent/Child Class – children 18 mths-3 yrs - a structured class to introduce toddlers to the skills and equipment of gymnastics, they will explore different ways to move their bodies with encouragement and assistance from their parents & instructor. Our goals are to improve listening skills, following simple patterns, basic directions, social interaction, and gross motor skills.

Preschool Playdate – Non-instructional, open play time for preschool age children & toddlers, 5 yrs & younger. This is a great time to invite friends! Parents must participate with their children.

Preschool Program – boys & girls, ages 3-5 yrs old (potty-trained)
Shining Stars, Shooting Stars, Super Stars – 1/6 ratio
The Preschool Program is designed to introduce preschool-age children to the equipment and skills of gymnastics, they will participate on all gymnastic apparatus built for their size- vault, bars, beam, floor, trampoline, as well as play games to encourage coordination, strength, flexibility, each class is structured with definite objectives based off the skill chart, children will progress through the levels at their own pace
Preschool Combo – This class is a mix of all 3 preschool levels, same skills & curriculum.

Developmental Program – girls ages 5 & up, 1/8 ratio
Developmental 1-2-3 - The Developmental Program is designed to introduce school-age children to the equipment and skills of gymnastics, they will participate on all gymnastic apparatus- vault, bars, beam, floor, trampoline, as well as play games to encourage coordination, strength, flexibility, each class is structured with definite objectives based off the skill chart, children will progress through the levels at their own pace, classes are designed to be challenging and fun.

Developmental 4 – This is a 2 hr class for girls who have progressed through the developmental program and are ready for more challenging skills.

Advanced Gymnastics – This is a 2 hr class for girls who have retired from team or preteam, or have completed the D4 class and have no desire to compete.

Boys Gymnastics – boys ages 6 & up, 1/8 ratio
Boys Gym 1/2, 3/4 - The Boys Gymnastics Program is designed to introduce school-age boys to the equipment and skills of men’s gymnastics, they will participate on all gymnastic apparatus- vault, bars, floor, trampoline, rings, parallel bars, mushroom(pommel horse), as well as play games to encourage coordination, strength, flexibility, each class is structured with definite objectives based off the skill chart, children will progress through the levels at their own pace, classes are designed to be challenging and fun.

Tumbling & Trampoline Program – boys & girls, ages 5 & up
Tumbling 1-2-3 – beginning with basic tumbling & trampoline skills, children will progress through the 3 levels at their own pace, learning the progression of each skill as they are promoted.

Intermediate Teen Tumbling – coed class, ages 12-18 years old, students wanting to learn a back handspring and other intermediate tumbling skills & jumps

Advanced Teen Tumbling – prerequisite-back handspring, coed class, ages 12-18 years old, focuses on more advanced tumbling skills for the upper level cheerleader or the retired gymnast looking for a work-out.

Home School Combo – This class is a combination of gymnastics and tumbling for school-age girls & boys taught at a more convenient hour for home school families, same skills & curriculum.

Open Gym – Non-instructional, open practice/play time in the gym for school-age children, kindergarten-18 years old.