

CLASS DESCRIPTIONS

Parent/Child Class

Ages 18 mths-3 years

A structured class to introduce toddlers to the skills and equipment of gymnastics. Our goals are to improve listening skills, following simple patterns, basic directions, social interaction, and gross motor skills.

Preschool Program

Boys & girls, ages 3-5 (potty-trained)

Shining Stars, Shooting Stars, Super Stars

The Preschool Program is designed to introduce preschool-age children to the equipment and skills of gymnastics. They will participate on all gymnastic apparatuses built for their size – vault, bars, beam, floor, and trampoline, as well as play games to encourage coordination, strength, and flexibility. Each class is structured with definite objectives based off the skill chart and children will progress through the levels at their own pace.

Preschool Combo

This class is a mix of all 3 preschool levels with the same skills & curriculum.

Developmental Program

Girls ages 5-9

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 apparatuses – vault, bars, beam, floor, and trampoline, as well as play games to encourage coordination, strength, flexibility. Each class is structured with definite objectives based off the skill chart, and children will progress through the levels at their own pace. These classes are designed to be challenging and fun.

Developmental Combo

This class is a mix of developmental levels 1-3 with the same skills & curriculum.

Developmental 4

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

Fit & Fun

Boys & girls, ages 5 & up

This class focuses on strength and flexibility for students wanting to enhance their overall fitness through games and fitness challenges.

Boys Gymnastics

Boys ages 5-9

Boys Gym 1/2 & 3/4

This program is designed to introduce school-age boys to the equipment and skills of men's gymnastics – vault, bars, floor, trampoline, rings, parallel bars, and mushroom (pommel horse). Each class is structured with definite objectives based off the skill chart. Children will progress through the levels at their own pace.

Recreational Tumbling Program

Boys & girls, ages 5-9

Tumbling 1-2-3-4

Beginning with basic tumbling & trampoline skills, children will progress through the 4 levels at their own pace, learning the progression of each skill as they are promoted.

Teen Developmental Program

Girls ages 10 & up

Beginner Gymnastics

This is a class for girls with little to no gymnastics experience, wanting to start their journey and learn the basics.

Intermediate Gymnastics

This is a class for girls who have completed Developmental 4, Beginner Gymnastics, or have retired from Preteam.

Advanced Gymnastics

This is a class for girls who have completed the Intermediate Gymnastics Class or have retired from team.

Teen Tumbling Program

Boys & girls, ages 10 & up

Beginning Teen Tumbling

This class is for students wanting to learn beginning basic tumbling skills & jumps.

Intermediate Teen Tumbling

This is for students wanting to learn a back handspring and other intermediate tumbling skills.

Advanced Teen Tumbling

Prerequisite: Roundoff back handspring

This class focuses on more advanced tumbling skills for the upper-level cheerleader or the retired gymnast looking for a work-out.