

# 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.

## **Boys Gymnastics**

Boys ages 5-9

### **Boys Gym 1 & 2**

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**

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

### **Teen Tumbling**

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

### **Advanced Teen Tumbling**

#### **Prerequisite: back handspring**

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