



Class Descriptions

All classes accomplished through a positive, fun, and energetic learning environment!

Parent & Me

18 mo-3 yrs.

This introduction to the world of gymnastics is a parent participation class where Mom/Dad assists with the implementation of the weekly lesson plan. This 45 minute class provides a great parent/child bonding experience while at the same time setting the stage for an active and healthy life style. Our quality staff members will assist the parents with the areas of emphasis as they pertain to teaching the skills, different spotting techniques so as to insure safety, gymnastics terminology and more. Don't worry Mom/Dad we won't make you perform any of the skills We leave this up to the students!

3-4 yrs. Boys & Girls

This is our fun filled 60 minute class designed especially for beginner 3-4 year olds. The students will learn the basic fundamentals of gymnastics but also improve on their loco motor skills (hopping, skipping, jumping, running agility and coordination skills), strength, flexibility and important preschool social skills (sharing, teamwork, listening and following directions, problem solving, courtesy and more). Instruction takes place in our scaled down to size, safety oriented, specialized preschool obstacle courses. Lesson plans focus on teaching basic tumbling, trampoline, vault, and balance beam and bar skills. Mom and Dad, you just sit back and enjoy the show from our parent viewing area. We got this!

5-6 yrs. Boys & Girls

This class is simply a slightly advanced version of our Shining Star Class. These students know the ropes and are ready to move on to bigger and better things. Although the skill differences are sometimes tough to see, it is the listening and directional skills that provide for a more advance learning experience. Many of the same gymnastics skills and concepts from previous level classes are used but enhanced, improved upon and perfected. Instructors will be working on the proper mechanics of rolling forward and backward, handstands, beginner cartwheels as well and the basic fundamentals on trampoline, vault, bars and beam. This class is also 60 minutes long.

Beginner/Intermediate Gymnastics (Boys or Girls) – 60 minutes or 90 minutes

6-8 yrs. And 9+ years old

An introduction to progressive gymnastics with a focus on Vault, Uneven Bars and Balance Beam and Floor for girls and Parallel Bars, High Bar, Vault, Floor, Pommel Horse and Rings for boys. The 90 minute class allows for more time to perfect the skills as well as strength and conditioning.

Tumbling and Trampoline (Boys and Girls)

6+ years old Girls & Boys

Trampoline and Tumbling includes four events within its program; Trampoline, Power Tumbling, Synchronized Trampoline, and Double Mini Trampoline. Both men and women participate in the four events.

Rhythmic Gymnastics (Girls)

Rhythmic gymnastics works with **clubs, hoop, ball, ribbon, rope** and freehand. Rhythmic gymnastics combines elements of **ballet, gymnastics, dance,** and apparatus manipulation.

Acrobatics (Boys and Girls)

Acrobatic-Gymnastics is a discipline where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling, set to music.

Adult Gymnastics-Great for BOTH Men & Women!

Have you ever wanted to learn how to do a cartwheel, swing on the bars, or tumble like your kids do? Then come to our Adult class! This class requires no prior gymnastics experience! Stretching, strength and of course gymnastics are all a part of this class.

Students will learn handstands, rolls, cartwheels; round offs and then work on the various apparatus!

All levels and ages are welcome! If you think you are too old, never did gymnastics before or have any another reason to not do an Adult Gymnastics class, don't worry! We will take it easy on you!

ONLY \$25.00 per class. Pay as you Go!