

### **Preschool Gymnastics**

**Requirements** – Child must be 4-6 years old

**Class Objective** – Develop motor skills, hand-eye coordination, muscle memory, and body control

**Focus** – Basic motor skills and coordination, forward rolls, backward rolls, handstands, cartwheels

### **Level 1 Gymnastics**

**Requirements** – None

**Class Objective** – Increase flexibility, upper body strength, and overall coordination to prepare for Level 2

**Focus** – Forward rolls, backward rolls, handstands, bridge kick over, cartwheels, round-off

### **Level 2 Gymnastics**

**Requirements** – Solid round off and evaluation from Spirit of Texas Staff required

**Class Objective** – Reinforcing Level 1 objectives while learning and perfecting the back handspring and back handspring series

**Focus** – Front/back walk over, back handspring, round-off back handspring, round –off series

### **Level 3 Gymnastics**

**Requirements** – Round off back handspring series without spot and evaluation from Spirit of Texas Staff required

**Class Objective** – Reinforcing Level 2 objectives while learning and perfecting the back tuck and back handspring series to back tuck

**Focus** – Back tuck, series to tuck, specialty passes

### **Level 4 Gymnastics**

**Requirements** – Series to tuck and evaluation from Spirit of Texas Staff required

**Class Objective** – Perfecting proper technique for tumbling and more advanced tumbling skills

**Focus** – Layout, whips, specialty passes

### **Level 5 Gymnastics**

**Requirements** – Layout and evaluation from Spirit of Texas Staff required

**Class Objective** – Learning and perfecting more advanced tumbling skills

**Focus** – Full Twist, Double Full

### **Cheer Tech**

**Requirements** – None, ANY AGE WELCOME!

**Class Objective** – Teach proper jump and motion technique. Learn new cheers with a focus on preparing for cheerleading tryouts

**Focus** – Motions, jumps, cheers, mock tryouts

### **Jump Class**

**Requirements** – None, ANY AGE WELCOME!

**Class Objective** – Improve cheerleading jumps by stretching, performing, and conditioning using proper form and technique

**Focus** – Cheerleading jumps

### **Standing Tumbling**

**Requirements** – Solid round off required

**Class Objective** – Teach strong standing tumbling through performance and drills

**Focus** – Standing back handspring, standing back tuck, advanced standing tumbling

### **Advance Stunt**

**Requirements**- Prior flying experience required. Evaluation from Spirit of Texas Staff required