

## 2018 Fall Class Descriptions

### **TYKE TIME:**

-Open gym play time for parents and their toddlers. A parent must be with their child at all times. \$40 per month or \$10 Drop in.

### **Pre K Gym / Boys & Girls:**

Intro to Tumbling & Gymnastics, Rolls, Handstands, Body Positions, Cartwheels, Bridge ups, Trampoline, Balance, Strength, Coordination, Confidence, Equipment Basics.

### **Boys-Girls Gymnastics 4-6:**

Intro to Tumbling & Gymnastics. Rolls, Handstands, Body Positions, Cartwheels, Bridge ups, Trampoline, Balance, Strength, Coordination, Confidence, Equipment basics.

### **Beginning Girls Gymnastics:**

For girls wanting to learn the basics of tumbling, trampoline as well as the other Olympic gymnastics events. Skills that will be covered: Cartwheels, Round offs, Handstands, Rolls, Backbends, Kickovers, Body positions.

### **Boys Gymnastics:**

For boys wanting to learn the basics of tumbling, trampoline as well as the other Olympic gymnastics events. Great for strength building & coordination.

### **Level 1 Tumbling:**

For kids mastering the basics of tumbling.

-Cartwheels, Round offs, Handstands, Rolls, Backbends, Kickovers, Body Positions.

### **Level 1.5 Tumbling:**

-Walkovers front and back, working on spotted back handsprings, sequences of skills.

### **Level 2+ Tumbling:**

Can do back handsprings independently on either the floor, trampoline or cheese.

Working on combined BHS skills, Back tucks, punch fronts, Aerials.

### **Cheer & Tumbling:**

The following skills will be covered: Cheer Motions, Jumps, Stunting, Walkovers, Round offs, Back Handsprings. A good class to develop a foundation for cheer & tumbling.

### **Beginning Tumble-Cheer-Gymnastics:**

Tumbling basics – Cartwheels, Handstands, Backbends, Round offs, Kickovers, Walkovers. Intro to Cheer & Gymnastics equipment.

### **Intermediate Tumble-Cheer-Gymnastics:**

For kids who have been in classes for a while OR have a strong cartwheel, round off and backbend independently.

We will emphasize walkovers, handsprings, punch fronts, as well as more advanced skills on the gymnastics equipment.

### **OFF The Wall Agility:**

This class is an energy burner! Kids will do obstacle course type activities that develop body awareness, agility, strength, balance, coordination & flexibility while having FUN!

Perfect for kids wanting to cross train for other sports.