



Developmental Gymnastics

Parent Tot (15 mo – 2 yrs)

~Membership fee waived~

45 minutes

Monday 4:30 pm
Friday 11:00 am*

Tiny Tots (2 - 3 yrs)

45 minutes

Monday 5:30 pm
Tuesday 5:30 pm
Friday 12:00 pm
Friday 1:00 pm

Kindergym (3 ½ yrs – 5 yrs)

45 minutes

Monday 6:30 pm
Tuesday 6:30 pm
Wednesday 4:30 pm
Friday 2:00 pm

Adv. Kindergym (5 – 6 yrs)

60 minutes

Monday 6:30 pm

*Will open with sufficient enrollment, call for more information.

**Private Lessons Available
by Request**

Recreational Gymnastics

Gymkids (6 - 17 yr)

60 minutes

Monday 4:30 pm
Monday 6:30 pm
Tuesday 4:30 pm
Tuesday 6:30 pm
Wednesday 5:30 pm
Thursday 4:30 pm
Thursday 6:30 pm
Friday 4:30 pm

Gliders - Level 1 (6 – 17 yr)

60 minutes

Monday 5:30 pm
Tuesday 5:30 pm
Wednesday 4:30 pm
Wednesday 6:30 pm*
Thursday 5:30 pm*

Flippers - Level 2 (6 – 17 yr)

90 minutes

Monday 4:30 pm
Tuesday 4:30 pm

Twisters – Level 3 (6 – 17 yr)

120 minutes

Wednesday 5:30 pm

Tumbling/ Trampoline (6 – 17 yr)

60 minutes

Tuesday 6:30 pm*
Friday 4:30 pm

Boys Rec (6 - 12 yr)

60 minutes

Tuesday 5:30 pm*
Friday 5:30 pm*

*Will open with sufficient enrollment, call for more information.

Competitive Gymnastics

Hot Shots (3 – 6 yr)

90 minutes

Tuesday & 4:30 pm*
Thursday 4:30 pm*

Junior Team Level 1 (4 – 17 yr)

90 minutes

Tuesday & 4:00 pm
Thursday 4:00 pm

Xcel (4 – 17 yr)

120 minutes

Tuesday & 4:00 pm or 6:00 pm
Thursday 4:00 pm or 6:00 pm

Students must be evaluated by an instructor in order to be placed in the Hot Shots, Pre-Team, and Junior Team classes.

Annual membership (insurance) fee due at time of registration

| | |
|------------|---------------------|
| Individual | \$33.00 + state tax |
| Family | \$55.00 + state tax |

Monthly Tuition 1x per Week

| Class Length | Manual | Auto Pay |
|--------------|------------------------|------------|
| | Credit Card or cash | ACH EBT |
| 45 minute | \$58.00 | \$48.00 |
| 60 minute | \$68.00 | \$57.00 |
| 90 minute | \$82.00 | \$68.00 |
| 120 minute | \$100.00 | \$83.00 |

Monthly Tuition 2x per Week

| | | |
|------------|----------|----------|
| 45 minute | \$83.00 | \$69.00 |
| 60 minute | \$102.00 | \$85.00 |
| 90 minute | \$121.00 | \$101.00 |
| 120 minute | \$154.00 | \$128.00 |

Available Discounts:

Auto Pay / Early Bird: \$4.00 off the standard rate when you Autopay on the 15th or 29th of the previous month
Sibling discount: \$5.00 off first sibling each month **Maximum 1 sibling discount per account**

Level Descriptions

PARENT TOT (15 mo -2 yr)

Students are able to begin learning gymnastics with the assistant of a parent.

- *Basic motor skills
- *Jumps
- *Bar hangs, swings
- *Beginning walks on balance beam
- *Rolls down incline

TINY TOTS (2 - 3 yr)

Further develop basic hand-eye coordination skills and learn social skills in a classroom setting

- *Jumps-straight, tuck, straddle
- *Forward rolls down incline
- *Inverted hangs/swings on bars
- *Donkey kicks
- *Walks on floor balance beam without assistance

KINDERGYM (3¹/₂ - 5 yr)

Students continue to develop strength, flexibility, and coordination through introductory skills

- *Jumps, squat-ons to vault with springboard
- *Forward/Backward rolls down incline
- *Cartwheels/Headstands/Handstands, bridges
- *Front rolls on bars
- *Various walks/Jumps on balance beams

ADVANCED KINDERGYM (4 - 5 yr)

By invitation only

- *Students continue to develop skills from Kindergym
- *Awareness of body positions
- *Transition from preschool equipment to Recreational equipment

RECREATIONAL GYMNASTICS

Recreational gymnastics teaches basic gymnastic skills, strength, and flexibility. Recreational classes also prepare students for competitive gymnastics.

GYMKIDS (6 - 17 yr)

- *Vaulting runs, jumps, squat ons
- *Basic bar skills-swings, forward rolls, front support, casting
- *Basic skills/walks on low/medium beam
- *Forward/backward rolls, cartwheels, handstands

GLIDERS - Level 1 (6 – 17 yr)

Students strengthen skills from previous level

- *Vault dive rolls, jumps off vault, stick landing
- *Pullover, glide swings, strength skills on bars
- *Beam jumps, rolls, low beam handstands
- *Cartwheels, bridges, handstands, jumps on floor

FLIPPERS - Level 2 (6 – 17 yr)

Introduce new skills while improving skills from previous level

- *Back hip circles, shoot-throughs on bars
- *Handstands, mounts, dismounts on beam
- *Bridge kick overs on floor

TWISTERS - Level 3 (6 – 17 yr)

Introduce new skills while improving skills from previous level

- *Vault handstand flat back with spring board
- *Underswings, front hip/mill circles on bars
- *Cartwheels, side handstands on balance beam
- *Round-offs, back walk overs on floor/ intro to front/back hand springs

BEGINNING TRAMPOLINE/TUMBLING (6 - 17 yr)

**Basic tumbling and trampoline skills: handstands, cartwheels, bridge kick over and basic trampoline skills.*

INTERMEDIATE TRAMPOLINE/TUMBLING (6 - 17 yr)

**Intermediate tumbling and trampoline skills: back/front walkovers, back/front handsprings, back/front tucks.*

BOYS REC (6 - 12 yrs)

** Our boys class is an introduction to basic gymnastics skills including strength, flexibility, tumbling, bars, trampoline and vault*

PRE-TEAM GYMNASTICS

Pre-team gymnastics prepares team-bound students for competitive gymnastics. Gymnasts must be evaluated by a coach before they can enroll.

HOTSHOTS (3 – 6 yr)

By invitation only

- *All basic gymnastics skills on vault, bars, beam and floor exercise.
- *Handstand flat backs, back hip circles, shoot thru mill circles, handstands on beam, back walk overs, front limbers

JR TEAM (4 – 17 yr)

By invitation only

**Gymnasts develop level one gymnastics skills and perform them in a series of routines*

TEAM GYMNASTICS – Levels 3-10

Team gymnastics is a program that allows gymnasts to be part of a team. Team members practice together, learn new skills, prepare routines and compete in a series of fun competitions against other teams from across the country.