



Developmental Gymnastics

Parent Tots (18 months – 2 yrs)

~Membership fee waived~

45 minutes

Monday	10:00 am OPEN
Wednesday	10:00 am OPEN
Friday	10:00 am OPEN

Tiny Tots (2 - 3 yrs)

~Membership fee waived~

45 minutes

Monday	11:00 am OPEN
Wednesday	11:00 am OPEN
Friday	11:00 am OPEN

Kindergym (3 ½ yrs – 5 yrs)

45 minutes

Monday	4:30 pm OPEN
Monday	5:30 pm FULL*
Monday	6:30 pm FULL*

Adv. Kindergym (5 – 6 yrs)

45 minutes

Thursday	4:30 pm OPEN
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*Will open with sufficient enrollment, call for more information.

**Private Lessons Available
by Request**

Recreational Gymnastics

Gymkids (6 - 17 yrs)

60 minutes

Monday	4:30 pm FULL*
Monday	6:30 pm OPEN
Tuesday	4:30 pm FULL*
Tuesday	6:30 pm OPEN
Wednesday	5:30 pm FULL*
Wednesday	6:30 pm OPEN
Thursday	4:30 pm FULL*
Thursday	5:30 pm OPEN
Thursday	6:30 pm OPEN
Friday	4:30 pm OPEN

Glidors - Level 1 (6 – 17 yrs)

60 minutes

Monday	5:30 pm FULL*
Tuesday	5:30 pm OPEN
Wednesday	4:30 pm FULL*
Wednesday	6:30 pm OPEN
Thursday	5:30 pm OPEN
Friday	5:30 pm OPEN

Flippers - Level 2 (6 – 17 yrs)

90 minutes

Monday	4:30 pm FULL*
Tuesday	4:30 pm OPEN

Twisters – Level 3 (6 – 17 yrs)

120 minutes

Wednesday	5:30 pm OPEN
Tuesday	6:00 pm OPEN

Tumbling/ Trampoline (6 – 17 yrs)

60 minutes

Thursday	6:30 pm OPEN
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*Will open with sufficient enrollment, call for more information.

Competitive Gymnastics

Hot Shots, Level 1 (3 – 6 yrs)

Must Be Evaluated

90 minutes

Tuesday &	4:30 pm OPEN
Thursday	4:30 pm OPEN

Xcel (4 – 17 yrs)

Call for more information

Must Be Evaluated

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: 20% 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

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.*

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, Level 1 (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

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.