



Developmental Gymnastics

Parent Tot (15 - 30 months)

Thursday 9:30 am

Kindergym (3 ½ yr – 5 yr)

45 minutes

Monday 4:30 pm

Monday 5:30 pm

Wednesday 4:30 pm

Wednesday 5:30 pm

Thursday 10:30 am

Saturday 1:00 pm

Adv. Kindergym (4.5 – 6 yr)

45 minutes

Monday 6:30 pm

Lil' Ninjas (3 - 5 yr)

45 minutes

Tuesday 10:30 am

Thursday 10:30 am

Saturday 11:00 am

Ninja Zone 1 (6 - 11 yr)

60 minutes

Tuesday 5:30 pm

Thursday 6:30 pm

Saturday 12:00 pm

Ninja Zone 2 (6-11 yr)

60 minutes

Tuesday 6:30 pm

**Will open with sufficient class enrollment

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 5:30 pm

Thursday 6:30 pm

Saturday 1:00 pm

Gliders - Level 1 (6 – 17 yr)

60 minutes

Tuesday 5:30 pm

Wednesday 4:30 pm

Thursday 4:30 pm

Thursday 5:30 pm

Saturday 12:00 pm

Flippers - Level 2 (6 – 17 yr)

90 minutes

Tuesday 4:30 pm

Twisters – Level 3 (6 – 17 yr)

120 minutes

Monday 4:30 pm

Wednesday 5:30 pm

Tumbling/Trampoline (6 – 17 yr)

60 minutes

Tuesday 6:30 pm

Thursday 6:30 pm

Cheer/Tumbling (6-17 yr)

60 minutes

Wednesday 6:30 pm

Thursday 7:30 pm

Saturday 2:00 pm

Private Lessons Available by Request

Intro to Competitive Gymnastics

Hot Shots (4 – 6 yr)

90 minutes, 2x Week

Schedule Dependent on Coach

Competitive Gymnastics

Xcel (4 – 17 yr)

Dependent on level

J.O. (4 - 17 yr)

Dependent on level

Students must be evaluated by an instructor in order to be placed into any of our intro to competitive classes or competitive programs.

\$35 Family annual membership (insurance) fee due at time of registration

Monthly Tuition 1x per Week

Class Length	Manual	Auto Pay
	Credit Card	ACH
	Cash, or check	
	Cash, or check	EBT
45 minute	\$63	\$53
60 minute	\$74	\$61
90 minute	\$87	\$72
120 minute	\$108	\$90
Lil' Ninjas	\$69	\$57
Ninja Zone	\$80	\$66

Enroll in the same class twice a week and receive a one-time \$25 credit on your account! Please inform the front office if you register online so we apply your discount correctly!

Available Discounts:

Sibling discount: \$5.00 off first sibling each month **Maximum 1 sibling discount per account, team not included

Open Gyms:

Ages 6+ Open Gyms: Two Saturdays a month from 2:00-4:00pm (Check Facebook, Instagram, or Website for Dates) \$10 entry fee

Ages 2-6 Open Gyms: Every Thursday from 11:15am-12:15pm (Unless Otherwise Noted) \$5 entry fee

Class Descriptions

KINDERGYM (3 1/2 – 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 - 6 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, front/back hand springs

TRAMPOLINE/TUMBLING (6 - 17 yr)

- *Basic tumbling and trampoline skills: handstands, cartwheels, bridge kick over and basic trampoline skills.
- *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 (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 PREP (7 yr & up)

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 XCEL & 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.