



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 11:30 am
 Saturday 11:00 am

Ninja Zone 1 (6 - 11 yr)

60 minutes

Tuesday 5:30 pm
 Thursday 5:30 pm
 Saturday 12:00 pm

Ninja Zone 2 (6-11 yr)

60 minutes

Tuesday 6:30 pm

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

Monday 5:30 pm
 Tuesday 5:30 pm
 Wednesday 4:30 pm
 Thursday 4:30 pm
 Saturday 12:00 pm

Flippers - Level 2 (6 – 17 yr)

90 minutes

Tuesday 4:30 pm
 Wednesday 4:00 pm

Twisters – Level 3 (6 – 17 yr)

120 minutes

Wednesday 5:30 pm

Tumbling/Trampoline (6 – 17 yr)

60 minutes

Tuesday 6:30 pm
 Wednesday 7:30 pm
 Thursday 6:30 pm

Cheer/Tumbling (13-17 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
 Dependent on level*

Competitive Gymnastics

Xcel (4 – 17 yr)

Dependent on level*

D.P. (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 Cash, or check	ACH EBT
45 minute	\$67	\$56
60 minute	\$77	\$64
90 minute	\$91	\$76
120 minute	\$114	\$95
Lil' Ninjas	\$72	\$61
Ninja Zone	\$82	\$69

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 4:30-6:30pm (Check Facebook, Instagram, or Website for Dates) \$10 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.