



Developmental Gymnastics

Parent Tot (Walking – 3 yr)

Tuesday	9:30 am
Thursday	9:30 am

Kindergym (3 – 5 yr)

45 minutes

Monday	4:30 pm
Monday	5:30 pm
Tuesday	11:30 am, 4:30 pm
Wednesday	4:30 pm
Wednesday	5:30 pm
Thursday	10:30 am
Saturday	1:00 pm

Adv. Kindergym (4.5 – 6 yr)

60 minutes

Monday	6:30 pm
Wednesday	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
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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	4:30, 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	4:30 pm

Twisters – Level 3 (6 – 17 yr)

120 minutes

Wednesday	5:30 pm
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Tumbling/Trampoline (6 – 17 yr)

60 minutes

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

Cheer/Tumbling (13-17 yr)

60 minutes

Wednesday	7:30 pm
Thursday	7:30 pm
Saturday	2:00 pm

Intro to Competitive Gymnastics

Hot Shots (4 – 6 yr)

60 minutes, 2x Week

D.P. Level 1

120 minutes 2x Week

Competitive Gymnastics

Xcel (8 – 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	Auto Pay	
	Debit/ Credit	ACH Check
45 minute	\$67	\$56
60 minute	\$77	\$64
90 minute	\$91	\$76
120 minute	\$114	\$95
Lil' Ninjas	\$72	\$61
Ninja Zone	\$82	\$69

Available Discounts:

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

Private Lessons Available by Request

Open Gyms:

Ages 5+ 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 – 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
- *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 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

LEVEL 1 (4-7 yr)

By invitation only

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.

TEAM GYMNASTICS –XCEL & LEVEL 2 – 10

By invitation only

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.