



## 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  
Wednesday 4:30 pm  
Wednesday 5:30 pm  
Thursday 10:30 am, 4:30 pm  
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 4:30 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 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 5:30 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 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	Auto Pay ACH Check
45 minute	\$76	\$63
60 minute	\$83	\$67
90 minute	\$103	\$86
120 minute	\$114	\$110
Lil' Ninjas	\$82	\$68
Ninja Zone	\$97	\$78
<b>Available Discounts:</b>		
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+ :** Two Saturdays a month from 4:30-6:30pm (Check Facebook, Instagram, or Website for Dates) \$10 entry fee

**Ages Walking to 4 yr:** Wednesday 10:30-11:30 am - \$5 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.*