



Spring 2023

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

Mini Ninjas (3 - 5 yr)

45 minutes
Tuesday 10:30 am
Thursday 11:30 am
Saturday 11:00 am

Mighty Ninjas (6 - 11 yr)

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

Warrior Ninjas (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/EBT
45 minute	\$76	\$63
60 minute	\$83	\$67
90 minute	\$103	\$86
120 minute	\$114	\$110
Mini Ninjas	\$82	\$68
Mighty/ Warrior Ninjas	\$97	\$78

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+ : 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.