



# Spring 2026

## Developmental Gymnastics

### Parent Tot (Walking - 2 yr)

Tuesday 9:30 am

### Tiny Tots (2-3 yr)

45 minutes

Tuesday 11:30 am

Wednesday 5:30 pm

Thursday 5:30 pm

Saturday 11:00 am

### Kindergym (4 - 5 yr)

45 minutes

Monday 4:30 pm, 5:30 pm

Tuesday 4:30 pm

Wednesday 4:30 pm

Thursday 10:30 am, 4:30 pm

Saturday 1:00 pm

### Adv. Kindergym (3 - 5 yr)

by invite only

60 minutes

Monday 6:30 pm

### Mini Ninjas (4 - 5 yr)

45 minutes

Tuesday 10:30 am, 5:30 pm

Thursday 11:30 am

### Mighty Ninjas (6 - 8 yr)

60 minutes

Thursday 5:30 pm

## Recreational Gymnastics

### Gymkids (6 - 17 yr)

60 minutes

Monday 4:30 pm, 6:30 pm

Tuesday 4:30 pm

Wednesday 4:30, 5:30 pm

Thursday 4:30, 5:30, 6:30 pm

Saturday 1:00 pm

### Glidens - Level 1 (6 - 17 yr)

60 minutes

Monday 5:30 pm

Tuesday 4:30, 5:30, 6:30 pm

Wednesday 4:30 pm

Thursday 4:30 pm

### Flippers - Level 2 (6 - 17 yr)

90 minutes

Monday 4:30 pm

Tuesday 5:30 pm

Saturday 10:30 am

### Twisters - Level 3 (6 - 17 yr)

120 minutes

Monday 6:00 pm

Wednesday 5:30 pm

### Tumbling/Trampoline (6 - 17 yr)

60 minutes

Tuesday 6:30 pm

Wednesday 6:30 pm

Thursday 6:30 pm

### Stunt & Tumble (13 - 17 yr)

60 minutes

Tuesday 7:30 pm

Wednesday 7:30 pm

Thursday 7:30 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<br>Debit/Credit | Auto Pay<br>ACH/EBT |
|---------------|--------------------------|---------------------|
| 45 minute     | \$76                     | \$63                |
| 60 minute     | \$83                     | \$67                |
| 90 minute     | \$103                    | \$86                |
| 120 minute    | \$114                    | \$110               |
| Mini Ninjas   | \$76                     | \$63                |
| Mighty Ninjas | \$83                     | \$67                |

### Available Discounts:

Sibling discount: \$5.00 off first sibling each month. 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  
**Walkers to 5 yrs:** Wednesdays 10:30 am to 11:30 am \$5 entry fee



# Class Descriptions

## **PARENT TOT (Walking – 2 yr)**

*Students are able to begin learning gymnastics with the participation of a parent/guardian 16+ yrs (required)*

- \*Basic motor skills
- \*Jumps
- \*Bar hangs, swings
- \*Beginning walks on balance beam
- \*Rolls down incline

## **TINY TOT (2 – 3 yr)**

*Further develop basic hand-eye coordination skills and learn social skills in a classroom setting with parent/guardian allowed but not required*

- \*Jumps-straight, tuck, straddle
- \*Forward rolls down incline
- \*Inverted hangs/swings on bars
- \*Donkey kicks
- \*Walks on floor balance beam without assistance

## **KINDERGYM (4 – 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 (3 – 5 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.*