



Developmental Gymnastics

Parent Tot (Walking - 2 yr)

Tuesday 9:30 am
Wednesday 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, 6:30pm
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

Glidgers - 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, 5:30 pm
Saturday 12:00 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
Thursday 6:30 pm

Stunt & Tumble (13 - 17 yr)

60 minutes
Tuesday 7:30 pm
Wednesday 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.*

\$40 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	\$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 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.