

Gymnastic Class Descriptions and Goals:

Gym Tots (Parent/Tot)

18mo-3yrs (45 min) \$48

This is a wonderful class for parents and children to bond while learning beginning gymnastics skills. We will teach fundamentals that will help prepare your child for the future. Each weeks lesson will be centered around the floor exercise, balance beam and bar.

Gym Stars (Pre-School)

3-5 yrs (55 min) \$55

This class is without parents. This class will teach your child beginner gymnastic skills as well as being patient while taking turns, improving listening, and body awareness. Each lesson will be centered around the floor exercise, balance beam, bars and vault.

Goals:

Bars: Chin-up held for 5 seconds

Pike hold for 5 seconds

Front support

Roll down

Strong understanding of a chin-up pull over

Beam: Mount beam by self

All walks by self

Straight jump dismount

Floor: Forward Roll

Backward Roll

Bridge for 5 seconds

Handstand (little to no spot)

Both leg cartwheels (little to no spot)

Other: Good Listener

Knowledge of positions:

Tuck, Pike, Straddle, Squat & Straight body

Mini Twisters (Advanced Pre-School)

3-6yrs Beginning (90 min) \$82

This class is teacher recommended. Your little gymnast will be learning intermediate gymnastic skills while focusing on strength and flexibility. They will be perfecting the basic body positions they will use for every other level.

Goals:

Vault: Strong Run

Correct position on board

Straight jump off

Dive Roll (little to no spot)

10 good push ups

Bars: Pull over (little to no spot)

10 hollow body cast in a row

Back hip circle (little to no spot)

1 chin-up

5 leg lifts

Beam: Cast to push up mount

All walks on toe with straight legs

Pivot turn

Half handstand

Straight jumps

Floor: Strong handstands

Both leg cartwheels

Backward roll to straight legs

Handstand roll down

Kick over with mat (little to no spot)

Other: 30 sit ups
All splits (close to all the way down or full split)
Bridge (shoulders in line with or past hands)

Flips (Beginner)

6-15 yrs (55 min) \$55

This class is for the new gymnast. They will be focusing on proper drills, conditioning and flexibility. Your child will have a blast learning proper form, techniques, and skills in a fun environment.

Goals:

Vault: Strong Run
Correct Position on board
Straight jump
5 good push-ups

Bars: Chin-up held for 10 seconds
Pike hold for 10 seconds
Front support
Roll down
Chin-up pull over (little to no spot)

Beam: All walks straight legs
Pivot turns
Straight jumps
Straight jump dismount

Floor: Forward Roll
Backward Roll
Bridge for 10 seconds
Handstand
Both leg cartwheel

Other: Good Listener
Knowledge of positions:
Tuck, Pike, Straddle, Squat, and straight body
20 sit-ups

Twists (Intermediate)

6-15 yrs (55 min) \$55

This class is teacher recommended. The student will have mastered the skills from the previous level, Flips. In this class they will be improving their strength and flexibility while focusing on more advanced skills.

Goals:

Vault: Correct position on board
Straight jump off onto pit mat
Handstand flat back
10 good push-ups

Bars: Pull over
10 hollow body cast in a row
Back hip circle (little to no spot)
1 chin-up
5 leg lifts

Beam: Cast to push up mount
All walks on toe with straight legs
Pivot turn
Half Handstand
Straight jumps

Floor: Strong handstands
Both leg cartwheels
Backward roll to straight legs
Handstand roll down
Kick over with mat (little to no spot)
Round off

Other: 30 sit-ups
All splits (close to all the way down or full split)
Bridge (shoulders in line with or past hands)

Aerials (Advanced)

6-15 yrs (90 min) \$82

This class is by teacher recommendation. The student will have mastered the skills needed in the previous level, Twists. In this class your child will be introduced to some of the more challenging skills needed for competitive gymnastics while continuing to focus on strength and flexibility.

Goals:

Vault: Handstand flat back on pit mat
Handstand blocks on floor
Push up hops
20 superman

Bars: 5 glide swings
Pull over
Back hip circle
3 chin-ups
5 half leg circles

Beam: Straight jump, tuck jump connected
Forward handstand
Leap
Side handstand
Perfect walks

Floor: Handstand roll down
Backward roll to push up
Handstand bridge kick over
Strong round off
Understanding of back handspring

Other: Good Listener
15 push-ups
40 sit-ups
1 full split

Pre-Team (invitation only) \$145

This program is meant for families interested in their child becoming a competitive gymnast. They will be perfecting all the skills they will need in order to move into one of our competitive levels. Gymnasts will continue to improve their strength and flexibility and will be required to attend the conditioning class. These gymnasts have been selected based on their ability and work ethic not their age.

Adult Gymnastics

16 and up (60 mins)

\$15 per class or \$55 per month

This class is open gym based for anyone over the age of 15. Whether you are a beginner or advanced, all are welcome. There will be 15 minutes of basic line drills then 35 minutes to work on anything you desire, followed by 10 minutes of strength. During the 35 minutes the coach will be there to spot and work on proper technique. Please arrive 10 minutes before class to give yourself enough time to stretch properly.

Tumbling Class Descriptions and Goals

Toddler Tumbling

2-5yrs (45 min) \$48

This class is to introduce basic tumbling movements while learning body awareness, coordination and taking turns. This class is floor exercise only. Some skills we will be mastering are Bear, Camel, and Crab walks and Rock and Rolls on back. We will also focus on flexibility.

Beginner Tumbling

6-18yrs (60 min) \$55

This class is for beginners. They will focus on drills for proper form, techniques, skills, conditioning and flexibility in a fun environment. This class is floor exercise only.

Goals: Handstand

Both leg Cartwheel

Forward Roll

Backward Roll

Bridge

Intermediate Tumbling

6-18 yrs (60 min) \$55

In this class they will be improving their strength and flexibility while learning more advanced skills. This class is floor exercise only.

Goals: Bridge kick over

Front limber

Round off

Advanced Tumbling

6-18 yrs (60 min) \$55

In this class they will be improving their strength and flexibility while learning advanced skills. This class is floor exercise only.

Goals: Front and back walkover

Front and back limber

Front and back handspring

