



CLASS INFORMATION

Parent & Tot

The parent and child class is designed for children age 18 months – 2 years to help develop coordination and flexibility. The parents are involved to comfort and encourage our new gymnasts along the way. Class is 45 min

Preschool

This program is designed for children ages 3, 4 & 5 to encourage the Development of basic motor skills, rhythm, coordination, body strength and Self-confidence. Class is 45 min.

Beginner Girls & Boys 6 & up

Classes are designed to teach the fundamental gymnastic skills, as well as strength, flexibility, balance and self control. Each class follows a skill development chart set by USA Gymnastics. Beginner is level 1 and 2. Class is 55 min.

Home school

Are you Home schooled? This class is available during the day and is designed to teach the fundamental gymnastic skills, as well as strength, flexibility, balance and self-control. Class is 55 min.

Intermediate

Classes are designed to teach advanced gymnastics skills, as well as strength, flexibility and balance. Each class follows a skill chart. Intermediate is level 2 and 3. Class is 55 min.

Advanced

Classes are coach invite only. These skilled students are chosen to work towards competition through the USA gymnastics program. Advanced is level 3 and 4.

TEAM

This class is by coach invite only. These gymnasts will compete in the USAG Competitive program.

Cheer Basic 1

Zero Gravity Cheerleading Program is directed toward teaching cheerleading techniques .This class is for students 5 years -7 years of age and will learn basic stunts such as elevators, extensions, libs, hitch, cradle, and basic basket tosses along with motions, jumps and routines. Students will learn a sense of teamwork, confidence, safety, and personal strength. Class is 55 min.

Cheer Basic 2

This class is for students 8 years and up and will review beginner stunts and learn how to add in retakes, sponges, tick tocks, and full downs along with motions, jumps and routines. More stunts will be added as each stunt is mastered. Class is 55 min.

Beginner Tumbling

This class is designed for students 5 years and up. Students will learn basic tumbling skills. Cartwheels, handstands, Round Off, bridge with kick over, back handsprings and strength and conditioning. Class is 55 min.

Intermediate Tumbling

To attend this class students need to know how to do a cartwheel, Round Off and a standing back handspring. Students will learn how to connect the round off back handspring, standing tuck, Front handspring. Class is 55 min.

Advanced Tumbling

To attend this class students need to know how to do a Round Off back handspring. Class is 55 min.

Open Gym

Open Gym is not a gymnastics class, and is not a structured program. Participants are free to use the equipment with the supervision of Safety Certified Coaches. Behavior that is considered 'unsafe' will NOT be tolerated and the child will be asked to leave. There will be NO DRINKS or NO FOOD on the gym floor.

Sign up Required.

GYMNASTICS ATTIRE

Girls can either wear leotards, or elastic waist shorts and a T-shirt. NO buttons, snaps or Buckles or rhinestones which can get caught on equipment. No oversize T-shirts and No Tights.

All hair must be pulled up

Boys should be dressed in elastic waist shorts and t-shirt with the same requirements as the girls.

Gymnastics should be fun. Let's do it safely!

Cheer Attire

Cheer students must wear fitted shorts and shirt

No Jewelry All hair must be pulled up

No long pants

Cheer shoes are required (Cheer shoes must be approved by cheer coach)

Tumbling Attire

Tumbling students must wear fitting shorts and shirt. No long pants.

All hair must be pulled up

BIRTHDAY PARTIES

Parties are offered on Saturday's

PARENT'S NIGHT OUT

6:00pm – 10:00pm **Sign up Required**