

GYMNASTICS CLASS DESCRIPTIONS

PLAYTIME PALS (walking - 34 months)

This class is designed for parent and child interactive learning. You and your child will be exploring the use of gross motor skills, muscle movement, coordination, and cognitive development through various activities. Adult required for each child.

PIPSQUEAKS (2 - 3 year olds)

Does your two or three year old need a little fun and exciting interaction? This class is a great way for children to socialize and learn through fun activities such as: story time, crafts, music, games and tumble time. Adult required for each child.

MINI MOVERS (3 - 4 years old)

This class is designed for preschool age children. Very basic skills are introduced through games, circuits, and obstacle courses encouraging development of motor skills, coordination, social skills, and body awareness. Mini Movers is a class that encourages parent participation to help follow directions and provide positive reinforcement.

KINDER KICKERS (5 - 6 years old)

This is a class designed for children who are ready for more progressive challenges. This class will introduce basic gymnastic skills specific to fundamental body positions, movement and balance.

SWINGERS (7 years & older)

This is a beginner gymnastic class where students will be introduced to skills specific to all gymnastic apparatus and will focus on refining movement patterns.

TINY TUMBLERS (5-8 years)

This class will introduce basic tumbling skills, such as cartwheels and backwalkovers in an age appropriate environment. The class is designed to develop body awareness, flexibility and strength while having fun. This is an acrobat based class as all skills taught will be floor exercises only.

TUMBLING (7 years & older; w/ good cartwheel)

Is your favorite part of gymnastics practicing floor skills? Are you a cheerleader wanting to improve your tumbling skills? If you answered yes to either of these questions, then this class is for you. There will be two different classes, Cheer Tumbling and Tumbling. Cheer Tumbling is open to local cheerleading squads who want to improve specific tumbling skills.
