

Class Descriptions

Parents and Child or Mommy and me classes (18-36 months)

This 30 minute class is designed to allow the parent an opportunity to assist the child in enhancing the development of motor skills rhythms, and simple gymnastics skills. Incorporated in weekly lessons is the use of all gymnastics equipment including tumble track, balance beams, bars and floors skills.

1:10

Preschool (3 year olds)

This 30 minute class offers movement experiences for young children on equipment scaled to their size. A variety of gymnastics skills are taught while emphasizing safety, listening skills, and the correct use of vault, balance beams, floor skills and bars.

Ratio 1:6

Preschool (4 year olds)

This 45 minute class offers movement experiences for young children on equipment scaled to their size. A variety of gymnastics skills are taught while emphasizing safety, listening skills, and the correct use of vault, balance beams, floor skills and bars.

Ratio 1:6

Beginner

This one hour a week class is for girls who have had at least one year of beginner gymnastics.

Ratio 1:8

Intermediate

A more advanced one hour class, which requires students to be able to perform a handstand forward roll, a bridge kick-over back walkover and a headspring unassisted from a mat.

Ratio 1:8

Advanced

This one hour class is for girls who have mastered forward and backward handsprings without assistance.

Ratio 1:8