

Parent-N-Tot

Ages: walking up through 3 yrs

This class is a bundle of fun for your tots as they explore movement throughout the gym on different pieces of equipment with you. They will leave smiling and laughing just yearning for more. In these classes they will begin to develop fine motor skills as they are challenged each week with new things to master. This class is structured with many different stations so as to always keep them moving and occupied. They will be learning skills such as forward rolls down a cheese wedge mat, running, jumping, walking on a beam, developmental steps towards, backwards rolls, handstands, cartwheels, pullover on the bars and much, much more.

Preschool

Ages: 3-4 yrs

Our preschool program is a real blast. These classes are a popular first step for your young beginner gymnast who is ready to begin classes on their own with mom or dad sitting in a supportive role on the sidelines. These classes are 45 min in length and during these times your child will begin to develop important skills such as, listening to directions, and taking turns in a station based system. This style allows your child the opportunity to practice their skills and develop independence. In this level your child will be developing gymnastics skills such as forward rolls, backward rolls, cartwheels, tripods, handstands, and bridges on the floor, pullover on the bars, backward walks, squat turns, and proper landing techniques on the beam, inverted pike hang on the rings, straight jumps and dive rolls on the vault, and seat and tuck jumps on the tramp

Beginner Girls Level 1

Ages: 5-7

This is another great starting level where they will learn to master the basics of gymnastics on all the girls equipment. This class is one hour in length and they will be learning skills such as forward and backward rolls down a cheese wedge mat, cartwheel progressions, handstands against a wall, and bridge on the floor, pullover from a block, cast and cast away, back hip circle progressions, and forward roll off of the bars, walks on toes in all directions, forward step kicks, pivot turn, and stretch jump dismount on the beam, straight jump, dive roll, and squat-on the vault, seat drop and tuck jump on the trampoline.

Beginner Boys

Ages: 5-7

This is a great starting level specifically for boys. They will learn basic skills on all the boys equipment. This is a one hour class focusing on fun, strength building, stretching, and conditioning. It is a great preparation for our Advanced Boys program and a great physical preparation for any other sports.

Girls Level 2

Ages: 5-7

Many of our preschoolers who have gone through our higher level preschool classes will enter the girls developmental program here. At this level they will use the skills that they have learned previously and begin to build on new ones. Skills such as forward roll to straddle stand, backward roll on the floor both tuck and pike, straight cartwheels, handstands from lunge to lunge with momentary hold, and progressions toward backbend stand-up on the floor, pullover, back hip circle with light spot, jump to straddle on shoot off, and single leg knee swing up on the bars, consecutive pivot turns, relevé balance holds, tuck jump, tuck jump dismount, and beginning progressions toward handstands on the low beam, dive roll and squat-on to mat stack, on the vault, jump full turn, table drop and stomach drop on the trampoline.

Girls Level 1/2

Ages: 8 and up

(see Girls Level 1 and Girls Level 2 for skills learned)

Advanced Boys

This class continues the fun, strength building, stretching, and conditioning of beginning boys while also introducing the skills and routines performed in the earliest levels of USAG competition. This is a two-hour preparation for the team level.

Girls Level 3

Girls Level 3 embarks on a series of new skills built off of the basics learned in Levels 1 & 2. The class time is increased to 2 hours to allow adequate time to tackle the more difficult skills. Skills worked on in this class are handstand forward roll, round-off, backward roll with straight arms, backbend kick over, back handsprings down the cheese wedge mat, progressions toward round-off back handsprings connection on the floor, back hip circle, single leg cut forwards and backwards, forward mill circle, cast squat on sole circle dismount on the bars, v-sit to squat on, forward roll and cartwheel on padded beam, split jump, partial handstand, and cartwheel to side handstand dismount on the beam, progressions toward handspring on vault, beginning front tuck progressions on trampoline.

Hotshots

Ages: 5-6 yrs

Hotshots is a preparatory class for our Girls Team Program. It is by invitation only. This class takes a more focused approach in the developing the building blocks of our future girls team members in the areas of flexibility, strength, body positions, spatial and body awareness, In addition, basic skills are developed on all the girls apparatus. Girls entering Hotshots class usually train for approximately one year before being asked to move to our Pre-Team Groups.