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# GYMNASTICS & TUMBLING



# GYMNASTICS

## BRONZE REC (Ages 6+) \$79/mo

**Monday: 5:00 - 5:55PM**

**Tuesday: 5:00 - 5:55PM**

**Wednesday: 5:00 - 5:55PM**

**Thursday: 5:00 - 5:55PM**

**Saturday: 10:30 - 11:25AM**

During this 55 minute Beginner class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. Each class begins with a fun, warmup and continues with scheduled rotations to vault, bars, balance beam and floor. During these rotations, children will develop handstands, cartwheels, rolls, bridges, and many other basics.

## SILVER REC (Ages 6+) - \$79/mo

**Monday: 5:00 - 5:55PM**

**Tuesday: 6:00 - 6:55PM**

This 55 minute class is for those student who have mastered and tested out of bronze. During this class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. Each class begins with a fun, warmup and continues with scheduled rotations to vault, bars, balance beam and floor.

During these rotations, children will continue to work on handstands, cartwheels, rolls, bridges, and many other skills.

## GOLD REC (Ages 6+) -\$99/mo

**Tuesday: 4:30 - 5:55PM**

This 85 minute class is for those student who have mastered and tested out of silver. Each gymnast will continue working on skills and techniques on the four Olympic events. Each class has a warmup and conditioning and continues with scheduled rotations to vault, bars, balance beam and floor. During these rotations, children will continue to work on back walkovers, cartwheels and handstands on beam, jumps, leaps and turns.

## HOMESCHOOL - \$69/mo

**Wednesday: 1:00 - 1:45PM**

Non-traditional physical education and beginner gymnastics for boys and girls, Sept - May.

# TUMBLING

## TUMBLING LEVEL 1 (Ages 6+) -\$79/mo

**Monday: 5:00 - 5:55PM**

**Tuesday: 5:00 - 5:55PM**

**Thursday: 6:00 - 6:55PM**

Class to teach basic Tumbling skills. Different types of handstands, roundoffs and back and front walkovers.

## TUMBLING LEVEL 2 (Ages 6+) -\$79/mo

**Monday: 6:00 - 6:55PM**

**Tuesday: 6:00- 6:55PM**

**Wednesday: 6:00 - 6:55PM**

**Saturday: 11:30 - 12:25AM**

Class to teach advanced basic skills. Different types of handstands, roundoffs and back and front walkovers.

## TUMBLING LEVEL 3 (Ages 6+) - \$79/mo

**Tuesday: 7:00 - 7:55PM**

**Wednesday: 6:00 - 6:55PM**

Class will teach how to connect tricks. Working on round off back handspring, front handspring, aerials, round off back tuck.

## TUMBLING LEVEL 4 (Ages 6+) - \$79/mo

**Monday: 7:00 - 7:55PM**

**Wednesday: 7:00 - 7:55PM**

This is an advanced full connection of tricks class. Students are building their confidence and strength with such skills as, roundoff back handsprings, pike, layout, front flips in pike and back flips with a twist.

# NINJA GYM

## LIL' NINJAS (Ages 5-6) -\$79/mo

**Thursday: 5:00 - 5:55PM**

**Saturday: 10:30 - 11:25AM**

Class to teach basic rolls, climbs and jumps for our littles Ninjas.

## BEGINNER NINJA XTREME (Ages 7+) -\$79/mo

**Wednesday: 5:00 - 5:55PM**

**Saturday: 9:30 - 10:25AM**

Class to teach basic rolls and tumbling as well as starting jumps, vaults, balance, climbs and twists.

## INTERMEDIATE NINJA XTREME (Ages 7+) - \$79/mo

**Wednesday: 6:00 - 6:55PM**

Class will teach more difficult vaults to start learning how to combine different vaults while moving from location to location. As well as starting to learn flipping and more advanced tumbling.

## ADVANCED NINJA XTREME (Ages 7+) - \$79/mo

**Wednesday: 7:00 - 7:55PM**

This class will teach the most difficult vaults as well as wall flips and obstacle run training.