

2023 - 2024 Class Schedule!



840 PROSPECT HILL ROAD, WINDSOR CT 06095

SESSION ONE 9/11-11/18 (10 WKS) | SESSION TWO 11/27-1/27 (8WKS)

SESSION THREE 1/29-3/23 (8WKS) | SESSION FOUR 3/25-6/8 (10WKS)

860.593.3431

playstrongstudio@gmail.com

monday

4:30PM TNT ages 6 +
4:30PM HIP HOP ages 5-8
5:30PM TNT ages 8+
4:45PM PRE TUMBLE ages 4-6
5:30PM HIP HOP 9+
6:30PM *Aerials Club
6:30PM TNT ages 10+

tuesday

9:15AM TINY TOTS ages 18m-3yrs
9:15AM PRE TUMBLE ages 3 - 5
4:30PM TNT ages 6-12
4:30pm PRE-TUMBLE ages 4-5
5:30PM STUNT ages 6 +
6:30PM BACK HANDSPRING CLUB

wednesday

4:30PM TNT 5-10yrs
5:30PM TEAM NRG ONLY

thursday

4:30PM TNT ages 5 - 9
4:30PM TNT ages 10+
5:30PM WALKOVERS + More
5:30PM-7:30PM ALLSTARS TEAM ONLY

friday

9:15AM TINY TOTS ages 18m-3yrs
9:15 PRE TUMBLE ages 3 - 5
10:15 MINI MOVERS ages 12-24m

saturday

9:15AM TINY TOTS ages 18m-3yrs
9:15AM PRE TUMBLE ages 3 - 5
10:00AM TNT ages 6-10

*Club classes are ability based all other classes are age based!

Each class meets once per week for 60 minutes.
Tiny tots & AM Pre-Tumble meets once per week for 45 minutes.

Register online through our parent portal
www.playstrongstudio.com

updated 11/8/23

Class Descriptions

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PlaySTRONG Studio classes include (but are not limited to) activities, such as STRENGTH, FLEXIBILITY, FITNESS, DANCE, TUMBLING, and STUNTS. Every class will have a specific focus which is highlighted in the description below.

TNT (Tech & Tumble): Our signature class! Full of our 4 technical components (jumps, jacks, sit ups and push ups) Fitness, some stunts, tumbling and dance. Students will learn the basics of forward rolls, backward rolls, cartwheel variations, walkovers and more based on abilities.

STUNT: A little bit of everything! This class will include some tumbling and lots of partner and group stunts and drills both in choreography and just for fun! We are not a sideline cheer or competitive gym, but we do like to train our students in a variety of cheer/stunt combos

Hip Hop(all ages): Dance, fitness, some stunts and tumbling as well as breakdance techniques

Tiny Tots: For ages 18 months - 3 years, this is an excellent beginner class for the active little ones who are looking for a foundation of tumbling and fitness and still need parent/guardian assistance/support in class. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games! Students will learn basic forward rolls, jumps, pre-cartwheels and more!

PRE-Tumble: For ages 3-5, (4-6 pm classes) this is a great foundational class for independent (no parent/guardian) students who are looking for tumbling and fitness. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games! Students will learn forward rolls, jumps, pre-cartwheels, balancing, strength, and more based on abilities!

CORE-O Fit!: This is a high intensity, intermediate level choreographed class. Core strength will be a strong focus along with musicality and our 4 technical components (jumps, jacks, sit ups, push ups)

Walkovers + More: Students will focus primarily on effective drills and be spotted for front and back walkovers as well as variations including Valdez. Students should have a standing backbend prior to enrolling.

Back Handspring Club: For students who have a solid back walkover, front walk over, Valdez and/or front handspring and are interested in getting their back handspring. Students will focus primarily on effective drills and be spotted for back handsprings but will also work on the other important skills/tricks taught in all of our TNT classes.

Aerials Club: Students will focus primarily on effective drills and be spotted for aerial tricks but will also work on the other important skills taught in all of our TNT classes.

Flexible Strength: A yoga style class using the deep warming effect of difficult strength moves to increase flexibility. Recommended for students age 10 & up interested in trying new challenging tricks and balances while improving their overall strength and flexibility.

FitFORCE (Fitness Cross-Training): An awesome cross-training format, this class will use toning balls, TRX suspension system, street tumbling, Bosu Balls, monkey bars...anything we can find that will make your work-out challenging & fun!