

Parent & Tot (ages 2-3)

This class is designed to engage your little ones temporal and frontal lobes and promote higher cognitive processing through movement in our preschool area. Parents will be active in this class as an instructor guides you both through circuits designed to stimulate your little one's mind and encourage play through the exciting world of gymnastics!

Class schedule: Mon 7-7:30pm, Tue 4:30-5pm, Thu 5-5:30pm, 5:30-6:00pm, Sat 8:30-9am, Sat 11-11:30am



Preschool Gym Level 1 (3-4 year olds)

Our independent 3-4 year olds will be challenged to increase motor development, eye hand coordination and fine motor skills. This multi-sensory class is designed for an active learning platform that will promote brain development, social awareness and overall well-being. Gymnasts at this age will begin learning the fundamentals of gymnastics.

Class schedule: Mon 4-4:50pm, Mon 6-6:50pm, Tue 5-5:50pm, Tue 6-6:50pm, Wed 4-4:50pm, Wed 7-7:50pm, Thu 7-7:50pm, Sat 9-9:50pm, Sat 11:30-12:20pm



Preschool Gym Level 2 (4-5 year olds)

The next step for our adventurous 4-5 year old preschoolers is Preschool Gym Level 2. Students will advance to this level when they've mastered the requirements of Level 1 and are ready for the next steps in learning gymnastics skills. This advanced preschool class will focus more on skill development to prepare athletes for the recreational or team program.

Class schedule: Mon 5-5:50pm, Wed 6-6:50pm, Thu 4-4:50pm, Thu 6-6:50pm, Sat 9-9:50am



Ninjastics Level 1 (5-7 year olds)

A mixture of gymnastics, parkour and PE class all rolled into one. Boys and girls ages 5 & up will run, jump, roll, climb, swing, and play through a very active 50 minute high energy class. Along with climbing and swinging, students will learn safety falls, basic gymnastics skills and beginning parkour tricks.

Class schedule: Mon 5-5:50pm, Mon 6-6:50pm, Tue 5:00-5:50pm, Tue 6-6:50pm, Wed 6-6:50pm, Wed 7-7:50pm, Thu 4-4:50pm, Thu 5-5:50pm, Sat 10-10:50am



Ninjastics Level 2 (8-13 year olds)

Everything from the Level 1 class, with a more challenging curriculum. Students in this class will advance their skill level in gymnastics and parkour along with more physical challenges and games to increase their flexibility, strength and coordination.

Class schedule: Mon 4-4:50pm, Mon 7-7:50pm, Tue 7-7:50pm, Wed 5-5:50pm, Thu 6-6:50pm, Sat 11-11:50am



REGISTER HERE



www.sparkathleticshighlands.com
361 Baxter Avenue, Louisville, KY 40204
502-909-8985



Girls Gymnastics Level 1 (5–9 year olds)

This class is the perfect introduction into the world of gymnastics. Students will learn the basic fundamentals on bars, beams, vault and floor along with important body shaping and strengthening. All classes feature a 6:1 student to teacher ratio.

Class schedule: Mon 4-4:50pm, Mon 5-5:50pm, Mon 6-6:50pm, Tue 3:30-4:20, Wed 4:00-4:50pm, Wed 5:00-5:50pm, Wed 7:00-7:50pm, Thu 4-4:50pm, Thu 5-5:50pm, Thu 6-6:50pm, Thu 7-7:50pm, Sat 9-9:50am, Sat 10-10:50am, Sat 11-11:50am



Girls Gymnastics Level 2 (6–12 year olds)

Once athletes have mastered Level 1, they are promoted to our Level 2 class that offers more challenges on each apparatus. Students will learn more advanced skills like pullovers, leaps, and walkovers while increasing strength, flexibility and body shaping.

Class schedule: Mon 4-4:50pm, Mon 7-7:50pm, Tue 5-5:50pm, Tue 7-7:50pm, Wed 6-6:50pm, Thu 6-6:50pm, Sat 10-10:50am



Girls Gymnastics Level 3 (7–13 year olds)

For our more experienced athletes that have mastered level 2, we offer enhanced curriculum skills for each apparatus like kips, walkovers on beam, and handsprings on vault and floor. Athletes at this level will continue to be challenged on skills, strength and flexibility.

Class schedule: Mon 7-7:50pm, Sat 11-11:50am



Cheerleading Level 1 – Intro to Cheer (5–9 year olds)

The perfect introduction to cheerleading! This class is designed for athletes 5&up! Students will learn the fundamentals of motion and jump technique while focusing on basic tumbling skills like rolls, cartwheels, handstands and back bends. Along with tumbling, jump and motion skills, athletes will learn a new sideline chant every other week!

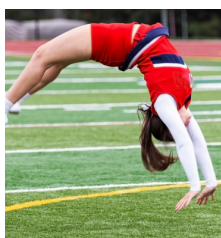
Class schedule: Tue 4-4:50pm, Tue 6-6:50pm, Wed 5-5:50pm, Sat 9-9:50am



Cheerleading Level 2– Novice Cheer (6–12 year olds)

Our Level 2 class is desitned for athletes that have mastered Intro to Cheerleading. Students will now focus on handsprings, round-offs, walkovers and advanced motion and jump combinations. In addition, athletes will increase strength for stunt progressions and enhance flexibility necessary for more advanced skills.

Class schedule: Tue 7-7:50pm, Wed 4-4:50pm, Wed 7-7:50pm, Sat 10-10:50am



Cheerleading Level 3– Backhandsprings (7–13 year olds)

Our Level 3 class is designed to focus on all the aspects of learning a backhandspring. Students will now focus on handsprings, round-offs, advanced jump combinations and connections. In addition, athletes will increase strength for stunt progressions and enhance flexibility necessary for more advanced skills.

Class schedule: Wed 6-6:50pm, Sat 11-11:50am

REGISTER HERE

