



## Southern New Hampshire Gymnastics Academy Recreational Class Program



- NOTE: Enrollment in a Recreational Class requires a **\$50 Annual Membership fee** per family which is payable at time of registration and renewable every 12 calendar months.
- Classes meet Weekly and Sessions run in 8-Week intervals throughout the year.
- For the most up-to-date schedule of classes, please visit our website ([www.snhga.com](http://www.snhga.com)).

### **PRESCHOOL GYMNASTICS PROGRAM**

**PARENT/CHILD CLASS (Ages 18 Months to 3 Years)** – The Parent/Child class introduces very young children to the fantastic world of gymnastics! Focusing on movement and motion, this is an excellent opportunity for your child to explore the various equipment in the gym, as well as grow their gross and fine motor skills. An adult over the Age of 18 accompanies the child and assists during class.

**Class Time: 45 minutes**

**Session Tuition (8-Weeks): \$180**

**TIGER CUBS (Preschool Age 3)** – The Tiger Cubs (Preschool Age 3) class is 60 minutes of non-stop movement and motion for children ages 3 years old. The basics of gymnastics are introduced through obstacle courses and stations; the children will experience all of the equipment in the gym, as well as fine tune their gross and motor skills..

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**TIGER CUBS (Preschool Age 4)** -The Tiger Cubs (Preschool Age 4) class is 60 minutes of non-stop movement and motion for children ages 4 years old. The basics of gymnastics are introduced through obstacle courses and stations; the children will experience all of the equipment in the gym, as well as fine tune their gross and motor skills.

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**TIGER CUBS (Preschool Age 5)** - The Tiger Cubs (Preschool Age 5) class is 60 minutes of non-stop movement and motion for children ages 5 years old. The basics of gymnastics are introduced through obstacle courses and stations; the children will experience all of the equipment in the gym, as well as fine tune their gross and motor skills.

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

## **SCHOOL-AGE GYMNASTICS PROGRAM:**

**Girls Rec Level 1:** This is the beginner gymnastics level for ages 6+. Students registered at this level either have no gymnastics experience or have aged out of our preschool program. The class begins with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus each week. Beginning at this level, skill charts track a student's progress in class. Mastery of the necessary skills is required in order to advance to Level 2.

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Girls Rec Level 1 (Ages 6-7)** – This is the beginner gymnastics level strictly for children Ages 6-7. Students registered at this level either have no gymnastics experience or have aged out of our preschool program. The class begins with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus each week. Beginning at this level, skill charts track a student's progress in class. Mastery of the necessary skills is required in order to advance to Level 2.

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Girls Rec Level 1 (Ages 8+)** – This is the beginner gymnastics level strictly for school-age children Ages 8 and up. Students registered at this level usually have no or very little previous gymnastics experience. The class begins with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus each week. Skill charts track a student's progress in class. Mastery of all skills is required in order to advance to Level 2.

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Boys Rec Level 1** – The Boys Rec Level 1 class is 60 minutes focused on beginner gymnastics skills for Ages 6 and older. The class will begin with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus (floor, vault, rings, pommel horse, parallel bars and high bar). If the child has not previously taken a gymnastics class, this is the class for them!

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Girls Rec Level 2** ( – The Girls Rec 2 class is 60 minutes focused on intermediate gymnastics skills. The class will begin with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus. Skills in this class may include various walks on high beam, various jumps on low beam, pullovers & casting on bars, handstands, cartwheels & kickovers on floor, hurdles & squat-ons on vault. A child must have mastered the required skills in Rec Level 1 prior as a prerequisite to this class.

**Prerequisite: Girls Rec Level 1**

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Boys Rec Level 2** – The Boys Rec Level 2 class is 60 minutes focused on intermediate gymnastics skills for children 6 years and older. The class will begin with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus (floor, vault, rings, pommel horse, parallel bars and high bar). A child

should have previous gymnastics experience and have completed all of the required skills in Boys Rec 1 prior to taking this class.

**Prerequisite: Boys Rec 1**

**Class Time: 60 minutes**

**Session Tuition (8-Weeks): \$196**

**Girls Rec Level 3** - The Girls Rec 3 class is 90 minutes focused on advanced-intermediate gymnastics skills. The class will begin with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus. Skills in this class may include various jumps & dismounts on high beam, back hip circles & squat-on's on bars, handstand forward rolls & back walkovers on floor, front handspring drills on vault. The student must have mastered the required skills in Girls Rec Level 2 as a prerequisite to this class.

**Prerequisite: Girls Rec Level 2**

**Class Time: 90 minutes**

**Session Tuition (8-Weeks): \$240**

**Girls Rec Level 4** - The Girls Rec Level 4 class is 90 minutes focused on advanced gymnastics skills for children 6 years and older. The class will begin with an appropriate warm-up, followed by rotations on the various gymnastics' apparatus. Examples of skills in this class may include handstands and split jumps on high beam, kips & front hip circles on bars, front handsprings & back handsprings on floor, front handsprings on vault. A child must have previous gymnastics experience and have mastered the required skills in Girls Rec 3 as a prerequisite.

**Prerequisite: Girls Rec Level 3**

**Class Time: 90 minutes**

**Session Tuition: \$240**

## **TUMBLING PROGRAM:**

**Tumble Level 1** – The Tumble 1 class is 60-minutes focused on tumbling only for children ages 5 years and older. Class begins with an appropriate warmup followed by skill building. Skills in this class may include forward rolls, backwards rolls, 'L' stands, wall handstands, cartwheels, bridges, etc.

**ClassTime: 60 minutes**

**Session Tuition (8-Weeks): \$196**

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**Tumble Level 2** - The Tumble 2 class is 60-minutes focused on tumbling only for children ages 5 years and older. Class begins with an appropriate warmup followed by skill building. Skills in this class may include combination rolls, dive rolls, freestanding handstands, cartwheels, round-offs, bridge kick over, handstand to bridge, etc.

**Prerequisite: Tumble Level 1**

**ClassTime: 60 minutes**

**Session Tuition (8-Weeks): \$196**

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**Tumble Level 3** - The Tumble 3 class is 60-minutes focused on tumbling only for children ages 6 years and older. Class begins with an appropriate warmup followed by skill building. Skills in this class may include cartwheel and round-off combinations, handstand pirouette, back walkovers, front walkovers, back handsprings, front walkovers, etc.

**Prerequisites: Tumble Levels 1 & 2**

**ClassTime: 60 minutes**

**Session Tuition (8-Weeks): \$196**

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**Tumble Level 4** - The Tumble 4 class is 60-minutes focused on tumbling only for children ages 6 years and older. Class begins with an appropriate warmup followed by skill building. Skills in this class may include back handsprings, front handsprings, back tucks, front tucks, series tumbling, layouts, etc.

**Prerequisite: Tumble Levels 1, 2, & 3**

**ClassTime: 60 minutes**

**Session Tuition (8-Weeks): \$196**

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