



## Southern New Hampshire Gymnastics Academy Recreational Class Descriptions

**\*\* All students enrolled in a Gymnastics or Tumbling Class at SNHGA must pay the \$50 Annual Membership fee.  
Tuition costs vary by class. Please visit our Customer Portal for an up-to-date schedule of classes.  
Classes meet once each week. Each Session runs for 8 Weeks.**

**Parent/Child** – The Parent/Child class is 45 minutes of non-stop movement and motion for children ages 1 ½ - 3 years old. The basics of gymnastics will be introduced with the opportunity for the children to experience all of the different equipment in the gym, as well as fine tune their gross and fine motor skills. A parent must accompany the child in the gym and be actively involved.

**Ages: 0-3 Years**

**ClassTime: 45 minutes**

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**Beginner Tots** – The Beginner Tots class is 60 minutes of non-stop movement and motion for children ages 3-4 years old. The basics of gymnastics will be 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 fine motor skills.

**Ages: 3-4 Years**

**ClassTime: 60 minutes**

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**Advanced Tots** - The Advanced Tots class is 60 minutes of non-stop movement and motion for children ages 4-5 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 fine motor skills. Four-year olds in this class should have some previous gymnastics experience.

**Ages: 4-5 Years**

**ClassTime: 60 minutes**

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**Girls Rec 1** – The Grade School Girls Rec 1 class is 60 minutes focused on beginner 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 each week.. If the child has not previously taken a gymnastics class, this is the class for them!

**Ages: 6+**

**ClassTime: 60 minutes**

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**Girls Rec 2** – The Grade School Girls Rec 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. 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 should have completed all of the required skills in Girls Rec 1 prior to taking this class.

**Ages: 6+      Prerequisite: Girls Rec 1**

**ClassTime: 60 minutes**

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**Girls Rec 3** - The Grade School Girls Rec 3 class is 90 minutes focused on advanced-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. 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. A child must have previous gymnastics experience and have completed all of the required skills in Girls Rec 2 prior to taking this class.

**Ages: 6+**      **Prerequisite: Girls Rec 2**  
**ClassTime: 90 minutes**

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**Girls Rec 4** - The Grade School Girls Rec 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. 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 completed all of the required skills in Girls Rec 3 prior to this class.

**Ages: 6+**      **Prerequisite: Girls Rec 3**  
**ClassTime: 90 minutes**

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**Boys Rec 1** – The Grade School Boys Rec 1 class is 60 minutes focused on beginner 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). If the child has not previously taken a gymnastics class, this is the class for them!

**Ages: 6+**  
**ClassTime: 60 minutes**

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**Boys Rec 2** – The Grade School Boys Rec 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.

**Ages: 6+**      **Prerequisite: Boys Rec 1**  
**ClassTime: 60 minutes**

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**Beginner Tumbling** – The Beginner Tumbling class is 60 minutes focused on tumbling only for children 6 years and older. Class begins with an appropriate warm-up, followed by skill building. Skills in this class may include cartwheels, round-offs, handstands, back walkovers, front walkovers, back handsprings, front handsprings, etc.;

**Ages: 6+**  
**ClassTime: 60 minutes**

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**Intermediate Tumbling** - The Intermediate Tumbling class is 60 minutes focused on tumbling only for children 6 years and older. The class will begin with an appropriate warm-up, followed by skill building. Skills in this class may include round-offs, back walkovers, front walkovers, back handsprings, front handsprings, etc. A child should demonstrate satisfactorily all of the required skills in Beginner Tumbling prior to enrolling this class.

**Ages: 6+      Prerequisite: Beginner Tumbling**

**ClassTime: 60 minutes**

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**Advanced Tumbling** - The Advanced Tumbling class is 60 minutes focused on tumbling only for children 6 years and older. The class will begin with an appropriate warm-up, followed by skill building. Skills in this class may include sequential tumbling, back tucks, front tucks, full twists, etc. A child must have completed all of the required skills in Beginner & Intermediate Tumbling prior to taking this class.

**Ages: 6+      Prerequisite: Beginner & Intermediate Tumbling**

**ClassTime: 60 minutes**

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