



Gymnastics Class Descriptions

At Balance Dance + Gymnastics, children learn gymnastics and varying levels of tumbling skills from a recreational approach. Our program is designed to allow students to reach their fullest potential at their own pace, while developing strength, coordination, flexibility, and confidence. All classes are co-ed.

Tumbling Toddlers - Caregivers and their children ages 18 months+ enjoy tumbling activities through a variety of set-ups and obstacle courses that allow for freedom of movement and fun!

Preschool Gymnastics - For ages 3 - 5, these classes encourage strength, flexibility, listening skills, and balance. Students are introduced to basic gymnastics by using the trampoline, balance beam, uneven bars, and floor.

Gymnastics Rec 1 - Best suited for ages 6+, Rec 1 utilizes the trampoline, balance beam, uneven bars, floor, and vault to learn beginner gymnastics. Students gain confidence and perseverance as they set goals and work to achieve them.

Gymnastics Rec 2 and 3 - Best suited for ages 7+, this advanced beginner class builds on skills gained from previous gymnastic classes by utilizing the trampoline, balance beam, uneven bars, floor and vault. For Rec 3, students must have already mastered a backbend kickover, handstand forward roll, and a front limber.

Tumble 1 - A beginner class for ages 6+ that teaches basic tumbling skills (cartwheel, roundoff, backbend kickover) while working on body conditioning and flexibility.

Tumble 2 - For students ages 6+ ready for the next challenge, Tumble 2 focuses on intermediate skills, such as back walkovers, back handsprings, and roundoff back handsprings.

