



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!

Gymnastics FUNdamentals - 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 - 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. Students in this level have already mastered a cartwheel, round off, and handstand.

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.

