

What class should I take?



Coed classes, Pre-K, Age based, All 4 Events:

3 yr old

Age-based not skill based; designed for gymnasts 3-4 years old. Coed.

4/5 year old

Age-based not skill based; designed for gymnasts who are PRE-KINDER: 4-5 years old Coed.

Girls only classes, Kinder and up, Skill Based, All 4 Events:

Beginner 1

Entry-level class. No gymnastics experience required.

Beginner 2

Mastered beginner skills (cartwheel, handstand, bridge, bar holds, beam walks, etc.)

Intermediate

Mastered Beginner 2 skills (round off, back bend kickover, beam jumps, dismounts, back hip circles etc.)

Advanced

Mastered Int. Skills (backhandspring w/spot, bar dismounts, beam handstands, jumps, etc)

Coed Classes, Kinder and up, Floor/Trampoline only:

Tumbling

All levels. Focuses on Floor tumbling and trampoline only. No Bars, Beam or Vault. Coed.

Drop-In Tumbling

Tumbling class with no committment, no new member fee, pay per class not monthly

