

## Fall 2026 Session I

**Dates: August 17- October 9th**

*Closed: September 7th*

| Preschool Gymnastics Ages 5 and under                                                                                                                       |                |               |                 | Recreational Gymnastics Ages 6+                                                                                                                                            |             |               |              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------|--------------|
| <b>Time for Two (\$125)</b>                                                                                                                                 |                |               |                 | <b>Beginner (\$145)</b>                                                                                                                                                    |             |               |              |
| <i>Parent assisted introduction to gymnastics for children ages 18 months through 3 years</i>                                                               |                |               |                 | <i>Introduction to Gymnastics for ages 6 and up! Sample skills include handstands, cartwheels, casts, straight jumps, and confidence on beam.</i>                          |             |               |              |
| Mon 5-5:30                                                                                                                                                  | Tues 5:45-6:15 | Thurs 5-5:30  |                 | Mon 5-5:55                                                                                                                                                                 | Tues 5-5:55 | Thurs 6-6:55  |              |
|                                                                                                                                                             |                |               |                 | Mon 6-6:55                                                                                                                                                                 |             |               |              |
|                                                                                                                                                             |                |               |                 | Mon 7-7:55                                                                                                                                                                 |             |               |              |
| <b>Minis (\$135)</b>                                                                                                                                        |                |               |                 | <b>Grey (\$145)</b>                                                                                                                                                        |             |               |              |
| <i>Introduction to gymnastics for children ages 3 and 4. Parents recommended to observe.</i>                                                                |                |               |                 | <i>Build on the basics! Sample skills include kickover, pullover, back hip circle, and handstand flatback</i>                                                              |             |               |              |
| Mon 5:35-6:15                                                                                                                                               | Tues 6:20-7:00 | Wed 5-5:40    |                 | Mon 5-5:55                                                                                                                                                                 | Tues 5-5:55 |               | Thurs 7-7:55 |
|                                                                                                                                                             |                |               |                 | Mon 6-6:55                                                                                                                                                                 |             |               |              |
| <b>Preschool 1 (\$135)</b>                                                                                                                                  |                |               |                 | <b>Scarlet (\$145)</b>                                                                                                                                                     |             |               |              |
| <i>Build confidence in gymnastics on a smaller scale. For children ages 4 and 5</i>                                                                         |                |               |                 | <i>Focus on the details! Sample skills include back walkover, front limber, beam handstand, and front handspring vault</i>                                                 |             |               |              |
| Mon 6:15-6:55                                                                                                                                               | Tues 5-5:40    | Wed 5:45-6:25 | Thurs 5:35-6:15 | Mon 7-7:55                                                                                                                                                                 | Tues 7-7:55 |               | Thurs 6-6:55 |
|                                                                                                                                                             |                |               |                 |                                                                                                                                                                            |             |               |              |
| <b>Preschool 2 (\$145)</b>                                                                                                                                  |                |               |                 | <b>Jr Red Devils (\$200)</b>                                                                                                                                               |             |               |              |
| <i>Transition to the "Big Gym." Concentration is placed on listening, following directions, and working well with teammates. For children ages 4 and 5.</i> |                |               |                 | <i><b>Invitation only.</b> Introduction to practicing like a competitive gymnast! Sample skills include backhandspring, front walkover, beam carthwheel, and squat on.</i> |             |               |              |
| Mon 5-5:55                                                                                                                                                  | Tues 6-6:55    | Thurs 5-5:55  |                 |                                                                                                                                                                            | Tues 6-7:55 |               |              |
| <b>Special Programs</b>                                                                                                                                     |                |               |                 | <b>Tumbling ages 6+</b>                                                                                                                                                    |             |               |              |
| <b>Boys Gymnastics (\$145)</b>                                                                                                                              |                |               |                 | <b>Beginner (\$145)</b>                                                                                                                                                    |             |               |              |
| Wed 5-5:55                                                                                                                                                  |                |               |                 | <i>Handstands, Cartwheels, Kickovers, Backbends, and Walkovers</i>                                                                                                         |             |               |              |
| <b>Parkour 5-9 (\$145)</b>                                                                                                                                  |                |               |                 | Mon 6-6:55                                                                                                                                                                 | Tues 6-6:55 |               |              |
| Wed 6-6:55                                                                                                                                                  |                |               |                 | <b>Intermediate (\$145)</b>                                                                                                                                                |             |               |              |
| <b>Parkour 9+ (\$145)</b>                                                                                                                                   |                |               |                 | <i>Round offs, Back handsprings, and Front handsprings</i>                                                                                                                 |             |               |              |
| Wed 7-7:55                                                                                                                                                  |                |               |                 | Mon 7-7:55                                                                                                                                                                 | Tues 5-5:55 | Wed 6:30-7:25 |              |
|                                                                                                                                                             |                |               |                 | <b>Advanced (\$145)</b>                                                                                                                                                    |             |               |              |
|                                                                                                                                                             |                |               |                 | <i>Back Handspring REQUIRED. Saltos, Aerials, and Combinations</i>                                                                                                         |             |               |              |
|                                                                                                                                                             |                |               |                 |                                                                                                                                                                            | Tues 7-7:55 |               |              |
|                                                                                                                                                             |                |               |                 |                                                                                                                                                                            |             |               |              |