

## Summer 2025

**Dates: June 2-July 25**

Preschool Gymnastics Ages 5 and under					Recreational Gymnastics Ages 6+			
Time for Two (\$125)					Beginner (\$140)			
Parent assisted introduction to gymnastics for children ages 18 months through 3 years					Introduction to Gymnastics for ages 6 and up! Sample skills include handstands, cartwheels, casts, straight jumps, and confidence on beam.			
Mon 6-6:30		Thurs 5-5:30			Mon 6-6:55	Mon 7-7:55	Tues 5-5:55	
Minis (\$130)					Grey (\$140)			
Introduction to gymnastics for children ages 3 and 4. Parents recommended to observe.					Build on the basics! Sample skills include kickover, pullover, back hip circle, and handstand flatback			
Tues 9am-9:40am		Tues 5-5:40			Mon 6-6:55	Mon 7-7:55	Wed 5-5:55	Thurs 7-7:55
Preschool 1 (\$130)					Scarlet (\$140)			
Build confidence in gymnastics on a smaller scale. For children ages 4 and 5				Focus on the details! Sample skills include back walkover, front limber, beam handstand, and front handspring vault				
Mon 5-5:40	Tues 9:45am-10:25am		Thurs 6-6:40		Mon 7-7:55	Tues 6-6:55		
Preschool 2 (\$140)								
Transition to the "Big Gym." Concentration is placed on listening, following directions, and working well with teammates. For children ages 4 and 5.								
Wed 5-5:55		Thurs 5-5:55		Jr Red Devils (\$200)				
Special Programs				Invitation only. Introduction to practicing like a competitive gymnast! Sample skills include backhandspring, front walkover, beam cartwheel, and squat on.				
Boys Gymnastics (\$140)				Tues 5-6:55				
Wed 5-5:55				Tumbling ages 6+				
Parkour 5-9 (\$140)				Beginner (\$135)				
Wed 6-6:55				Handstands, Cartwheels, Kickovers, Backbends, and Walkovers				
Parkour 10+ (\$140)				Mon 5-5:45	Tues 6:30-7:15	Wed 6-6:45	Thurs 7-7:45	
Wed 7-7:55				Intermediate (\$140)				
				Round offs, Back handsprings, and Front handsprings				
				Mon 5-5:55	Wed 7-7:55	Thurs 6-6:55		
				Advanced (\$140)				
				Back Handspring REQUIRED. Saltos, Aerials, and Combinations				
					Tues 7-7:55			