



## Parent & Tot (ages 2-3)

This class is designed to engage your little ones temporal and frontal lobes and promote higher cognitive processing through movement in our preschool area. Parents will be active in this class as an instructor guides you both through circuits designed to stimulate your little one's mind and encourage play through the exciting world of gymnastics!

**Class schedule:** Mon 4-4:35, Mon 7:20-7:55, Tue 4:45, Wed 5:30-6:05, Thu 3:15-3:50 Sat 8:45-9:20, Sat 12:25-1:00



## Preschool Gym Level 1 (3-4 year olds)

Our independent 3-4 year olds will be challenged to increase motor development, eye hand coordination and fine motor skills. This multi-sensory class is designed for an active learning platform that will promote brain development, social awareness and overall well-being. Gymnasts at this age will begin learning the fundamentals of gymnastics.

**Class schedule:** Mon 4:45-5:30, Mon 5:35-6:20, Tue 4-4:45, Tue 6:30-7:15, Tue 7:20-8:05, Wed 4:45-5:30, Wed 5:35-6:20, Thu 11:30-12:15, Sat 9:30-10:15, Sat 11:30-12:15



## Preschool Gym Level 2 (4-5 year olds)

The next step for our adventurous 4-5 year old preschoolers is Preschool Gym Level 2. Students will advance to this level when they've mastered the requirements of Level 1 and are ready for the next steps in learning gymnastics skills. This advanced preschool class will focus more on skill development to prepare athletes for the recreational or team program.

**Class schedule:** Mon 6:30-7:15, Tue 5:30-6:15, Wed 3:55-4:40, Wed 6:15-7:30, Sat 10:30-11:15



## Trampoline & Tumbling Level 1 (5&up)

The perfect class for boys and girls that are new to the world of trampoline & tumbling! Athletes will learn the fundamentals necessary to safely perform basic skills on all events. Rod floor - rolls, cartwheels, handstands, limbers. Double-Mini & Trampoline - jumps, turns, seat drops and beginning front and back drops.

**Class schedule:** Mon 4:30-5:25, Tue 4:30-5:25, Tue 6:30-7:25, Tue 7:30-8:25, Wed 5:30-6:25, Thu 10:30-11:25, Thu 1:15-2:10, Thu 5-5:55, Thu 6-6:55, Sat 9:30-10:25



## Trampoline & Tumbling Level 2 (6&up)

After masterin Level 1, athletes will be challenged with harder skills on each event. Rod floor will focus on limbering skills, round-offs and handsprings. Double-Mini & Trampoline will work challenging combinations and learn somis (forward and backward flipping).

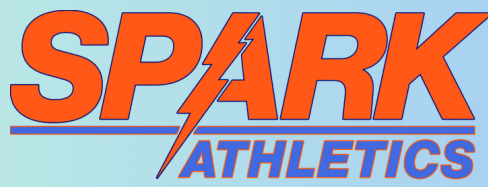
**Class schedule:** Mon 5:30-6:25, Mon 6:30-7:25, Tue 5:30-6:25, Wed 4:30-5:25, Thu 12:15-1:10, Sat 10:30-11:25



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**www.spark-athletics.com**  
**10900 Electron Drive, Suite 102**  
**502-365-2553**



### **Trampoline & Tumbling Level 3 (7&up)**

Afer mastering Level 1&2...athletes will advance to a curriculum that's all about flipping. Rod floor will focus on handspring series, tucks, whips, pikes, and layouts. Double-Mini & Trampoline will learn more advance combinations and begin twisting somis

**Class schedule:** Sun 5:30-6:25, Wed 3:30-4:25, Thu 5-5:55



### **Acro for dancers Level 1**

this class focuses on the acrobatic skills needed specifically for dancers. This beginning level class will focus on cartwheels, handstands, rolls, and basic gymnastics skills up to walkovers. Athletes will also spend time on increased strength and flexibility.

**Class schedule:** Sun 3:30-4:25, Mon 4-4:50pm,



### **Acro for dancers Level 2**

For our more experienced athletes that have mastered level 1, we offer instruction on more advanced skills like valdez, ariels, backhandsprings and more. Elements from our students dances can be focused on at this class level to help them achieve their goals.

**Class schedule:** Sun 4:30-5:25, Mon 7:30-8:25,



### **Cheerleading Level 1 – Intro to Cheer (5–9 year olds)**

The perfect introduction to cheerleading! This class is designed for athletes 5&up! Students will learn the fundamentals of motion and jump technique while focusing on basic tumbling skills like rolls, cartwheels, handstands and back bends. Along with tumbling, jump and motion skills, athlees will learn a new sideline chant every other week!

**Class schedule:** Mon 6-6:55, Tue 4-4:55, Tue 6-6:55, Wed 5-5:55, Sat 11:30-12:25



### **Cheerleading Level 2– Novice Cheer (6&up)**

Our Level 2 class is desitned for athletes that have mastered Intro to Cheerleading. Students will now focus on handsprings, round-offs, walkovers and advanced motion and jump combinations. In addition, athletes will increase strength for stunt progressions and enhance flexibility necessary for more advanced skills.

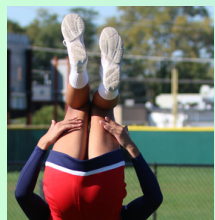
**Class schedule:** Mon 4-4:55, Tue 5-5:55, Wed 6-6:55, Thu 7-7:55



### **Cheerleading Level 3– Backhandsprings (7&up)**

Our Level 3 class is designed to focus on all the aspects of learning a backhandspring. Students will now focus on handsprings, round-offs, advanced jump combinations and connections. In addition, athletes will increase strength for stunt progressions and enhance flexibility necessary for more advanced skills.

**Class schedule:** Mon 5-5:55, Tue 7-7:55, Wed 4-4:55



### **Cheerleading Level 4– Advanced Tumbling (8&up)**

Our Level 4 class is for athletes that are ready for advanced tumbling skills like whips and fulls. Athletes at this level have a strong round-off handspring tuck and will work both standing and running tumbling series.

**Class schedule:** Sun 5:30-6:25, Mon 7-7:55,