CLASS DESCRIPTIONS

* **Mommy and Me: walking-3 years**

This class is taught with moms/dads present and participating with budding gymnasts. Students will learn how to follow a circuit with other children. Plenty of movement exploration will occur in a fun and safe environment all while learning important social skills for any physical activity and interaction in daily life.

* **Preschool Gymnastics (Gym Tots): ages 3-5 years**

RCGA’s preschool gymnasts will experience obstacle courses, trapeze swing and more fun than ever while working on a pre-determined basic skill chart such as rolls, jumps, hops, cartwheels, balancing along with social skills such as taking turns and interacting with other students appropriately.

* **Boys Class Gymnastics: ages 6 and older (Mini Gym and Boys Rec)**

Progressive classes are offered to boys six and older. Classes emphasize basic skills for all six Olympic events-floor, pommel horse, still rings, vault, parallel bars, high bar as well as strength and flexibility. Gymnastics offers an un-paralleled springboard to all other sports.

* **Girls Class Gymnastics: ages 6 and older (Mini Gym and Girls Acro)**

Progressive classes are offered for girls six to twelve years. Classes emphasize basic skills on all four Olympic events-vault, bars, beam, floor as well as strength and flexibility. Gymnastics offers countless benefits for all students.

* **Homeschool: ages 6-13 years**

Homeschool class will start as a coed class. This class includes trampoline, jumping in foam pit and of course, gymnastics. The focus of the class is having fun but will provide your home-schooled student with serious physical fitness.

* **Hot Shots: Invite Only**

Our advanced classes are designed to prepare athletes for competitive gymnastics in the four Olympic events: bars, floor, beam and vault. This class will continue to develop basic skills progressively such as round off’s, back and front handsprings, flips and connecting these skills. Athletes also start to learn routines on these events to prepare for team competition.

* **DareDevils: Invite Only**

Our advanced classes are designed to prepare athletes for competitive gymnastics in the six Olympic events: high bar, parallel bars, floor, pommel horse, still rings and vault. This class will continue to develop basic skills progressively such as round off’s, back and front handsprings, flips and connecting these skills. Athletes also start to learn routines on these events to prepare for team competition and better muscle control in tumbling skills.

* **Tumble (beginning and advanced)**

This class allows students to develop all tumbling skills and advance on an individual basis. Students learn rolls, jumps, cartwheels, round offs, flips, handsprings as well developing strength and flexibility. Students move to advance by invitation only.