

Preschool Gymnastics Offerings

Class Offerings	Age	Class Length	Class Descriptions
Tiny Time	1 – 1.99 years	45 minutes	This is a parent-tot class where adults lead their gymnast through our gymnastics course
Family Gymnastics	1.5 - 5.99 years	45 minutes	This is a parent-tot class where adults lead their gymnast through our gymnastics course
Tumbling for Toddler's	1.5 – 2.99	45 minutes	This is a parent-tot class where adults lead their gymnast through our gymnastics course
Tumbling for Three's	3 – 3.99	45 minutes	This is the first class for participants to learn gymnastics independently. Participants will learn to follow directions, stay with their group as well as introductory gymnastics skills.
Gymnasticat's	4 – 4.99	45 minutes	This class is for 4 yr. old participants to learn gymnastics independently. Participants will learn to follow directions, stay with their group as well as introductory gymnastics skills.
Jr. Gymnast	5 – 5.99	45 minutes	This is the highest level of preschool class which focuses on preparing gymnasts for the recreational gymnastics program.
Jr. Gymnast for Boys	5 – 5.99	45 minutes	This is the highest level of preschool class which focuses on preparing gymnasts for the boys recreational gymnastics program.

Recreational Gymnastics Program

Class Offerings	Age	Class Length	Class Descriptions
Girl's Level 1 Beginner	5-6 year 7-8 years 9-12 years	1 hour	Bars: kickover from wedge Floor: Forward roll, Backward roll (light spot), Cartwheel
Girl's Level 1 Advanced	5-6 years 7-8 years 9-12 years	1 hour	All of the above plus: Bars: kickover no spot, Back hip circle Floor: Handstand, Bridge w straight arms/legs
Girl's Level 2 Beginner	6-8 years 9-12 years	1 hour & 15 min.	All the above, plus: Bars: Pullover, Sneak or Shoot Through, Mill Circle Floor: Round-off, Bridge Kick-over
Girl's Level 2 Advanced	6-8 years 9-12 years	1 hour & 30 min.	All the above, plus: Bars: Front Hip Circle (light spot), Back Hip Circle to Dismount, Floor: Handstand to Bridge Kick-over, Back Limber, Back Roll to Push-up, Handstand Forward Roll
Girl's Level 3+	7-13 years	2 hours	All the above, plus: Bars: Front Hip Circle, Kip (light spot) Floor: Standing Back Handspring

Boy's Level 1 Beginner	5-7 years 8-12 years	1 hour	High Bar: Chin-Up for 3 seconds, Hanging L, 3 Casts in a Row Parallel Bars: Tuck Hold for 5 seconds, Straddle Travel Rings: Pull-Up hold for 3 seconds, Swings Floor: Forward Roll, Cartwheel, Donkey Kick
Boy's Level 1 Advanced	6-12 years	1 hour	All the above, plus: High Bar: Pull-Over (light spot), Swings w/ Re-grip Parallel Bars: L-Hold for 5 seconds Rings: Pull-Up Hold & Tuck Hang for 5 seconds, German Hang Dismount Floor: Backward Roll, Cartwheel Step-In, Handstand
Boy's Level 2	7-12 years	1 hour & 30 min.	All the above, plus: High Bar: Pull-Over and Back Hip Circle (light spot) Parallel Bars: Straddle L Hold for 2 seconds, Swings Rings: Pull-Up hold for 10 seconds, Inverted Hang to Pike Hold Floor: Backward Roll to Push-Up, Handstand Hold, Round-off
Boy's Level 3+	7-13 years	2 hours	All the above, plus: High Bar: Chin-Up Pull-Over and Back Hip Circle Parallel Bars: Swings above horizontal to back dismount Rings: Swings Above Horizontal & German Hang to Inverted Pike Floor: Handstand Forward Roll, Back Handspring (spotted)

