

GYMNASTICS

GIRLS REC Level 1 (Ages 6+) \$84/mo

Monday: 6:00 - 5:55PM
Tuesday: 6:00 - 6:55PM (Level 1 & 2)
Wednesday: 5:00 - 5:55PM (Level 1 & 2)
Wednesday: 5:00 - 5:55PM (age 6)
Wednesday: 6:00 - 6:55PM
Thursday: 5:00 - 5:55PM
Thursday: 5:00 - 5:55PM (ages 8+)
Thursday: 6:00 - 6:55PM
Saturday: 9:30 - 10:25AM

During this 55 minute Beginner class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. During these rotations, children will develop handstands, cartwheels, rolls, bridges, and many other basics.

GIRLS REC Level 2 (Ages 6+) \$84/mo

Monday: 5:00 - 5:55PM
Tuesday: 5:00 - 5:55PM
Tuesday: 6:00 - 6:55PM (Level 1 & 2)
Wednesday: 5:00 - 5:55PM (Level 1 & 2)
Thursday: 5:00 - 5:55PM

During this 55 minute Adv. Beginner class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. During these rotations, children will develop handstands on beam, cartwheels on lines, cartwheel step-ins, back bends, back walk-overs, back hip-circles and other advanced beginner skills.

GYMNASTICS

GIRLS REC Level 3(Ages 6+)

\$104/mo(1 Class a week)
\$144/mo(2 Classes a week)
Monday: 5:00 - 6:25PM
**Tuesday: 5:00 - 6:25PM
**Thursday: 6:00 - 7:25PM
Saturday: 10:30 - 11:55AM

This 85 minute class is for those students who have mastered and tested out of silver. We suggest you choose 2 of the days that work best for your schedule. During this class, each gymnast will master fundamental skills & techniques on the four Olympic events. In these rotations, children will continue to work on handstands, cartwheels, bridges, back/front handsprings, and many other skills.

GIRLS REC Level 4(Ages 6+)

\$134/mo (1 Class) \$174/mo (2 Classes)

Tuesday: 5:00 - 6:55PM **Thursday: 5:00 - 6:55PM

This 115 minute class is for those student's who have mastered and tested out of gold. We suggest going to both classes. Each gymnast will continue working on skills and techniques on the four Olympic events. They will train cartwheels and handstands on beam, back/front handsprings and flips on floor, front handsprings and round-offs on vault, kips and back-hip circles on bars.

BOYS REC Level 1 (Ages 6+) \$84/mo

Thursday: 6:00 - 6:55PM

In this 55 minute Beginner class, each gymnast will begin learning fundamental skills & techniques on the six Olympic events (Floor, Rings, Pommel Horse/Mushroom, Parallel Bars, Vault and High Bar). During these rotations, children will develop handstands, cartwheels, rolls, bridges, and many other basics. We will also work to build strength and endurance, increase flexibility, & body control.

TUMBLING

TUMBLING LEVEL 1 (Ages 6+) \$84/mo

**Monday: 6:00 - 6:55PM (1 & 2)
**Tuesday: 5:00 - 5:55PM
Wednesday: 6:00 - 6:55PM
**Thursday: 6:00 - 6:55PM
Saturday: 11:30 - 12:25PM (1 & 2)

These classes teach basic tumbling skills. Different types of handstands, forward & backward rolls, cartwheels, and backbends will be focused on.

TUMBLING LEVEL 2 (Ages 6+) \$84/mo

**Monday: 6:00 - 6:55PM (1 & 2)
Wednesday: 6:00 - 6:55PM
Saturday: 11:30AM - 12:25PM (1 & 2)

These Classes teach advanced basic skills. Different types of handstands, round-offs, back and front walkovers, and front/back handsprings will be added to their skill list during these classes.

TUMBLING LEVEL 3 (Ages 6+) \$84/mo

**Monday: 6:00 - 6:55PM
Tuesday: 6:30 - 7:25PM
**Wednesday: 5:00 - 5:55PM

These classes will teach how to connect skills. We will start working on round off back handsprings, front handsprings, aerials, and round off back tucks.

TUMBLING LEVEL 4 (Ages 6+) \$84/mo

Wednesday: 7:00 - 7:55PM

This is an advanced full connection of tricks class. Students are building their confidence and strength with such skills as, roundoff back handsprings, pikes, layouts, front flips in pike and back full twists.

Please ask us about FUTURE CLASSES
3 Students needed to start a future class.