

GYMNASTICS

HOMESCHOOL - \$74/mo

Wednesday: 1:00 - 1:45PM

Non-traditional physical education and beginner gymnastics for boys and girls, August - May.

ADULT GYMNASTICS - \$84/mo

SATURDAY: 12:30 - 1:25PM

This 55 minute co-ed class focuses on the basic fitness aspects of the gymnastic discipline. Get in shape like an athlete, while learning basic gymnastic skills and utilizing gymnastic apparatus.

ADULT STRENGTH & STRETCH - \$84/mo

THURSDAY: 7:00 - 7:55PM

In this 55 minute co-ed class, come prepared to train like a gymnast. Build and strengthen your core, build your upper and lower body strength and your overall health. Relax and cool down with some deep stretching, which helps decrease your risk of injuries, helps joints move through their full range of motion, improves your posture, and manages stress and tension.



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A great COACH is hard to find and impossible to forget.

GYMNASTICS & TUMBLING

GYMNASTICS

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

Monday: 5:00 - 5:55PM **Tuesday: 5:00 - 5:55PM**
Wednesday: 5:00 - 5:55PM **Thursday: 5:00 - 5:55PM**
Saturday: 10:30 - 11:25AM

During this 55 minute Beginner class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. Each class begins with a fun, warmup and continues with scheduled rotations to vault, bars, balance beam and floor. During these rotations, children will develop handstands, cartwheels, rolls, bridges, and many other basics.

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

Monday: 5:00 - 5:55PM

This 55 minute class is for those students who have mastered and tested out of bronze. During this class, each gymnast will begin learning fundamental skills & techniques on the four Olympic events. Each class begins with a fun, warmup and continues with scheduled rotations to vault, bars, balance beam and floor. During these rotations, children will continue to work on handstands, cartwheels, rolls, bridges, and many other skills.

GIRLS GOLD REC (Ages 6+) \$104/mo

Tuesday: 4:30 - 5:55PM

This 85 minute class is for those student who have mastered and tested out of silver. Each gymnast will continue working on skills and techniques on the four Olympic events. Each class has a warmup and conditioning and continues with scheduled rotations to vault, bars, balance beam and floor. During these rotations, children will continue to work on back walkovers, cartwheels and handstands on beam, jumps, leaps and turns.

BOYS BRONZE REC Ages 6+) \$84/mo

Thursday: 6:00 - 6:55PM

During 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). Each class begins with a fun warmup and continues with scheduled rotations. 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)
Wednesday: 6:00 - 6:55PM (1&2)
Thursday: 5:00 - 5:55PM*
Thursday: 6:00 - 6:55PM*
Saturday: 11:30 - 12:25PM (1&2)

Class to teach basic Tumbling skills. Different types of handstands, forward & backward rolls, cartwheels, and backbends.

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

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

Class to teach advanced basic skills. Different types of handstands, roundoffs and back and front walkovers.

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

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

Class will teach how to connect skills. Working on round off back handspring, front handspring, aerials, round off back tuck,

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

Monday: 7:00 - 7:55PM*
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, pike, layout, front flips in pike and back full twists.

***Ask us about our future classes**

NINJA GYM

LIL' NINJAS (Ages 5-6) \$84/mo

Monday: 5:00 - 5:55pm
Thursday: 5:00 - 5:55PM
Saturday: 10:30 - 11:25AM

Class to teach basic rolls, climbs and jumps for our littles Ninjas.

BEGINNER NINJA XTREME

(Ages 7+) \$84/mo

Wednesday: 5:00 - 5:55PM
Wednesday: 6:00 - 6:55PM
Saturday: 9:30 - 10:25AM

Class to teach basic rolls and tumbling as well as starting jumps, vaults, balance, climbs and twists.

INTERMEDIATE NINJA XTREME

(Ages 7+) \$84/mo

Wednesday: 7:00 - 7:55PM

Class will teach more difficult vaults to start learning how to combine different vaults while moving from location to location. As well as starting to learn flipping and more advanced tumbling.

ADVANCED NINJA XTREME

(Ages 7+) \$84/mo

TBD:

(Classes will be made available upon coach evaluation and advancement from Intermediate Ninja Xtreme)

This class will teach the most difficult vaults as well as wall flips and obstacle run training.

ADULT NINJA GYM

(Ages 18+) - \$84/mo

Saturday: 12:30 - 1:25PM

Adults with experience of any level, from beginner to advanced are welcome. Train at your own pace, but you will be challenged to push your limits. Learn balance, connecting of tricks, obstacle training, and more, while you build up your strength, and endurance.