

GYMNASTICS

CHEER

HOMESCHOOL - \$74/mo

(August - May ages 6+)

****Wednesday: 1:00 - 1:45PM**

Non-traditional physical education and beginner gymnastics for boys and girls

ADULT GYMNASTICS - \$84/mo

Saturday: 12:30 - 1:25PM

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



Cheer 101 - \$84/mo

Ages 7+

****Monday: 6:00 - 6:55pm**

Tuesday: 6:00 - 6:55pm

Wednesday: 5:00 - 5:55pm

This 55 minute co-ed class is designed for those students looking to begin a cheerleading career. The students will learn proper cheerleading motions, basic tumbling, stunting, proper jumps, and the importance of cheerleading counts. All of this is in effort to prepare them for future tryouts and make sure they can enter those tryouts well educated and have confidence in their skills!

Cheer 201 - \$84/mo

****DAY: TBD**

Call for More Information or to be added to the waitlist.

This 55 minute co-ed class is designed to work with athletes that already have some prior knowledge about cheerleading. Athletes in this class work on more advanced tumbling skills such as back handsprings, front handsprings, back tucks, and combination passes. Athletes will work on performing their tumbling to counts and elevating their jumps to the next level. Athletes will learn how to perform jump sequences along with adding jumps to tumbling and performing more difficult stunts. This class will help make sure athletes are ready for any tryouts or cheerleading teams they have in mind for their future.

****Please ask us about FUTURE CLASSES****

3 Students needed to start a future class.



Want to know more?

Mpack Sports

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www.mpacksports.com

"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
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Tuesday: 5:00 - 5:55PM
Tuesday: 6:00 - 6:55PM
Wednesday: 6:00 - 6:55PM
Wednesday: 5:00 - 5:55PM
Thursday: 5:00 - 5:55PM ages 5-6
Thursday: 6:00 - 6:55PM
Thursday: 5:00 - 5:55PM ages 7+
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 SILVER REC (Ages 6+)

\$104/mo(1 Class) \$144/mo(2 Classes)

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 bronze. 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, rolls, bridges, and many other skills.

GIRLS GOLD REC (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 silver. We suggest going to both classes. Each gymnast will continue working on skills and techniques on the four Olympic events. During these rotations, children will work on back walkovers and back handsprings as well as, cartwheels and handstands on beam, jumps, leaps and turns.

BOYS BRONZE REC 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, roundoffs, back and front walkovers, and front 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

Classes will teach how to connect skills. We will start working on back handsprings, 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.

NINJA GYM

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

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

This class teaches basic rolls, how to climb up and down objects safely, vaults, and testing the lil' ninjas on vault courses to show what they've learned.

BEGINNER NINJA XTREME

(Ages 7+) \$84/mo

Wednesday: 5:00 - 5:55PM ages 6-8
Wednesday: 5:00 - 5:55PM ages 9+
Wednesday: 6:00 - 6:55PM
Thursday: 6:00 - 6:55PM
Saturday: 9:30 - 10:25AM

Included in this class, we teach all the different kinds of rolls, beginning tumbling, jumps, off axis tumbling, bars, rail balancing, and climbing. As well as introducing them to jump kicks and spinning kicks.

INTERMEDIATE NINJA XTREME

(Ages 7+) \$84/mo

Wednesday: 7:00 - 7:55PM
Thursday: 7:00 - 7:55PM
Saturday: 9:30 - 10:25AM

Intermediate classes teach more difficult off axis tumbling as well as learning how to combine different vaults while moving from location to location. This is where the students start learning how to flip on the ground and off walls, plus more advanced tumbling and spinning kicks.

ADVANCED NINJA XTREME

(Ages 7+) \$84/mo

TBD:

This class teaches the most difficult vaults, tricking, tumbling and flips. Must pass the Intermediate class evaluation in order to join this class.

ADULT NINJA GYM (Ages 18+)

\$84/mo

Saturday: 11:30AM - 12:25PM

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 to test your balance, connecting tricks, obstacle training, and more, while you build up your strength and endurance.