

CLASS DESCRIPTIONS

Me & My Shadow (age 3-4) This 45-minute class is designed to provide children with challenging age and developmentally appropriate activities on floor, beam, bars, and vault. We will focus on balance, strength, gross & fine motor skill development and gymnastics terminology all while having fun and experiencing success! Enjoy watching your child grow! An adult must attend this class with their child. Other siblings are encouraged to remain in the waiting room. Please have your child toilet trained. Cost is \$45.00 per month.

Level 1 (age 5-7) This 1-hour class is for the beginner. We will learn a number of introductory skills on each event: tumble track, floor, beam, bars, and vault. Gymnasts will also learn basic strength and conditioning which are very important for growth and progression of skills. Cost is \$55.00 per month.

Level 1 (age 8-12) This 1-hour class is structured like the other Level 1 class but builds on the strength of the older athlete. As a child gets older their brains are more developed to be able to send messages to their bodies. They generally are more mature and learn a bit faster. This class is still for the beginner, but we see the importance also to keep them with their peers. Cost is \$55.00 per month.

Level 2 (age varies) This 1 hour 30-minute class is for the advanced level gymnast. They usually have had prior experience with all four events and are stronger and more flexible to pursue more advanced skills. Strength and flexibility are more challenging in this level. If you feel your child should be in this level ask the owner to test them on skills before signing up for this class. Each Spring we have a competition that this level prepares for. Cost is \$75.00 per month.

Level 3 (age varies) This 2-hour class is for the advanced level gymnast working skills towards HS competition. They usually have had prior experience with all four events and are even stronger and more flexible to pursue competitive level skills. Strength and flexibility are the most challenging in this level. Good focus and behavior are required. If you feel your child should be in this level ask the owner to test them on certain skills before signing up for this class. They must meet 3 out of 4 events for skill requirements. Each Spring we have a competition that this level prepares for. Cost is \$95.00 per month.

MS/JV High School (age varies) This 2-hour class is for previous 6th – 12th graders with prior HS competition experience. We will work on event requirements and other HS competition goals for the upcoming season. Cost is \$95.00 per month.

Conditioning Class (age varies) This 1 hour 15-minute class is for Level 2, Level 3 and High School athletes. The class will provide entire body workouts that focus equally on strengthening, flexibility and endurance. The workouts often involve the 4 gymnastics events, (vault, bars, beam, floor) trampoline, free weights, stability balls, resistance bands, sliders, weighted rope and/or other equipment. This class will be a high impact, high-energy workout that aims to challenge the gymnast. Our goal is to improve your posture, body awareness, muscle memory and shapes that are important for this sport. Every drill we will be doing will have a direct connection to a specific gymnastics' skill or event. An intense focus on perfect form, timing and how to hold the correct shapes; when upright or upside down, moving slowly or fast, on the ground or in the air... the actual gymnastics skill will become easier and the athletes mind will become more confident. Cost is a 5-class punch card for \$80.00. There are 10 classes total in the summer.

Private Lessons: Private lessons are available. If your child needs some extra one on one attention for a certain event or skill this is for you. Privates are not to replace class. The child gets many great things out of being a part of a group setting that they don't get in a private. Please contact us if interested. Cost varies.

Open Gyms & Birthday Parties: Contact our gym if interested in open gym time or scheduling a party!