

Class Titles

Class Description

| | |
|--|---|
| <i>Baby Gym</i> <i>Parent Tot (2 - 3.5)</i> | This is an interactive class between parent and child, where the child will develop physically and socially. During the class, parents will assist the child with warm-up activities, balance, climbing, swinging and jumping are a few of the activities your little one will enjoy. |
| <i>Preschool Gymnastics (3.5 - 5)</i> | The structure of this class will expose young gymnasts to basic gymnastics skills while building confidence, independence, and learning skills. The one hour class will follow a circuit format, while learning skills such as forward rolls, handstands, cartwheels, strength and flexibility. |

Class Titles

Class Description

Move-Up

Core Skills

Requirements

| | | |
|--|--|---|
| <i>Kinder Gymnastics (5 – 6)</i> | Basic gymnastics...Handstands, Cartwheels, Forward Roll, Backbends & Kick-over | Pullover and Kick-Over |
| <i>Beginner Gymnastics (6+)</i> | Basic gymnastics...Handstands, Cartwheels, Forward Roll, Backbends & Kick-over | Pullover and Kick-Over <i>(Must have instructor approval)</i> |
| <i>Advanced Beginner Gymnastics (6+)</i> | Pullover and Kick-Over, Backbends & Flip Flop | Flip Flop and Back-Hip Circle <i>(Must have instructor approval)</i> |
| <i>Intermediate Gymnastics (6+)</i> | Flip Flop, Back-Hip Circle, & Cartwheel on Beam | Beam Cartwheel, Shoot Thru, Front Mill, Round-Off Flip Flop <i>(Must have instructor approval)</i> |
| <i>Advanced Gymnastics (6+)</i> | Cartwheel on Beam, Front Mill Circle, Flip Flop, Back-Tuck | |
| <i>Beginner Tumbling (6+)</i> | Cartwheels, Round-Off, Backbends & Flip Flops | Running Round-Off, Flip Flop on wedge, Backbend Kick-Over <i>(Must have instructor approval)</i> |
| <i>Beginner Tumbling Jr. High (11+)</i> | Round-Offs and Flip Flops, Backbends & Kick-Over | Flip Flops <i>(Must have instructor approval)</i> |
| <i>Advanced Beginner Tumbling (6+)</i> | Running Round-Offs, Backbend Kick-Over & Flip Flop on wedge | Round Off Flip Flops <i>(Must have instructor approval)</i> |
| <i>Intermediate Tumbling (6+)</i> | Flip Flops Round-Off Flip Flop | Back-Tucks <i>(Must have instructor approval)</i> |
| <i>Advanced Tumbling (6+)</i> | Back-Tucks | Layouts and Fulls <i>(Must have instructor approval)</i> |
| <i>Boys Beginner Tumbling (6+)</i> | Cartwheels. Round-Off, Backbend, Flip Flop idea | Running Round-Off, Backbends and Flip Flop on wedge <i>(Must have instructor approval)</i> |
| <i>Boys Advanced Beginner Tumbling (6+)</i> | Running Round-Off & Flip Flop on wedge | Flip Flops & Round-Off Flip Flop <i>(Must have instructor approval)</i> |
| <i>Boys Intermediate Tumbling (6+)</i> | Flip Flops & Round-Off Flip Flops | Back Tucks <i>(Must have instructor approval)</i> |
| <i>Boys Advanced Tumbling (6+)</i> | Back Tucks, Layouts and Fulls | |