

PreSchool Gymnastics

Classes are 45 Minutes in Length

Kinder Stars

(Walking - 3 years old)

\$130 per month ★ \$225 per month for two classes each week

This parent and tot class is a structured lesson focusing on both gross motor and socialization skills. Children will learn to jump, balance, and roll while practicing taking turns and following a circuit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	9:00	9:00	9:00	9:00	9:00	9:00
9:45	9:45	9:45	9:45	9:45	9:45	9:45
10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:15	11:15	11:15		11:15	11:15
2:30				2:30	12:00	

Mini Stars

(3 years old - Kindergarten)

\$130 per month ★ \$225 per month for two classes each week

Three levels of instruction are offered. Levels correspond to both ability and age. Children progress from basic movements to more advanced gymnastics skills through structured lessons.

Mini Star 1– Mini Star 2

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
M1	M2	M1	M2	M1	M2	M1	M2	M1	M2	M1	M2	M1	M2
9:00		9:00	9:00	9:00	9:00	9:00	9:00	9:00		9:00	9:00	9:00	9:00
9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45
10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15
1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	12:00	12:00	12:00	12:00
1:45	1:45	1:45	1:45	1:45	1:45	1:45	1:45	1:45	1:45	12:45			
2:30		2:30		2:30	2:30	2:30		2:30					
3:15		3:15	3:15	3:15	3:15	3:15	3:15	3:15	3:15				
4:00	4:00	4:00	4:00	4:00	4:00	4:00	4:00	4:00	4:00				
4:45	4:45	4:45	4:45	4:45	4:45	4:45	4:45	4:45	4:45				
5:30	5:30	5:30	5:30	5:30		5:30	5:30	5:30	5:30				
6:15	6:15	6:15	6:15	6:15	6:15	6:15	6:15	6:15	6:15				
7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00						

Mini Ninja Training

(4-5 years old)

The curriculum combines traditional gymnastics events of tumbling, trampoline, and bars; with training on obstacle courses, plus instruction in parkour, street dancing, and tricking.

\$130 per month ★ \$225 per month for two classes each week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30	2:30			2:30	11:15	11:15
3:15	3:15	3:15	3:15	3:15	12:00	12:00
		5:30			12:45	

Ninja Training

(First Grade to 12 years old)

Beginner & Intermediate or All Level Class ★ 55 Minute Class
 \$150 month for 1 class/week ★ \$260 monthly for 2 classes/week

*Ninja Training is a co-ed class divided into two levels: Beginner and Intermediate.
 The curriculum combines traditional gymnastics events of tumbling, trampoline, and bars;
 with training on obstacle courses, plus instruction in parkour, street dancing, and tricking.*

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday		Sunday					
All Level	Beg	Inter	All Level	All Level	Beg	Inter	All Level	Beg	Inter	All Level	All Level			
				2:30										9:00
3:30	3:30	3:30		3:30	3:30	3:30	3:30			2:30	9:00	9:00		
4:30	4:30	4:30		4:30	4:30	4:30	4:30				10:00	10:00		
5:30	5:30	5:30		5:30			5:30						12:00	
6:30			6:30	6:30			6:30						1:00	

Girls Recreational Gymnastics

(First Grade and Older)

Beginner (Red) & Advanced Beginner (Orange) ★ 55 Minute Class
 \$150 month for 1 class/week ★ \$260 monthly for 2 classes/week

*Instruction is given on Vault, Bars, Beam, Floor Exercise, and Tumbl Trak, plus Trampoline.
 Students participate in a motivational program to progress through the four levels of instruction.*

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange
				11:15		1:45		11:15		9:00	9:00	9:00	9:00
2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	10:00	10:00	10:00	10:00
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	11:00	11:00	11:00	11:00
4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	12:00	12:00	12:00	12:00
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	1:00	1:00		
6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30				
		7:30				7:30	7:30						

Intermediate (Yellow) & Advanced Intermediate (Green) ★ 85 Minute Class
 \$205 per month for one class each week ★ \$340 per month for two classes each week

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green
3:30		3:30		3:30		3:30			3:30	9:00		9:00	
5:00			5:00	4:30			5:00				10:30		10:30
	6:30	6:30			6:30	6:30		5:00		12:00			

Boys Recreational Gymnastics

(First Grade and Older)

Beginner (Red) & Intermediate (Blue) ★ 55 Minute Class

\$150 month for 1 class/wk ★ \$260 monthly for 2 classes/wk

Advanced (Purple) ★ 85 Minute Class

\$205 monthly for 1 class/wk ★ \$340 monthly for 2 classes/wk

Instruction is given on Vault, High Bar, Parallel Bars, Pommel Horse, Rings, Floor Exercise, Tumb Trak and Trampoline.

Students participate in a motivational program to progress through two levels of instruction.

Monday		Tuesday		Wednesday			Thursday		Friday		Saturday	Sunday
Red	Blue	Red	Blue	Red	Blue	Purple	Red	Blue	Red	Purple	Red	Red
				11:15					11:15		9:00	
3:30		3:30		3:30			2:30					10:00
	4:30		4:30	4:30		5:00	3:30			3:30	11:00	
5:30		5:30			5:30		4:30				12:00	12:00
6:30		7:30						5:30	6:30			
							7:30					

Teen Gymnastics

(Ages 11 to 17 years)

85 minute class ★ \$205 per month for one class each week ★ \$340 per month for two classes each week

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.

Beginner through advanced levels.

Tuesday	Thursday	Saturday
3:30	3:30	11:00
5:00	5:00	
6:30	6:30	

Beginner Cheer Classes

(6-12 years)

45 minute class ★ \$130 per month for 1 class per week ★ \$225 per month for 2 classes a week

This class teaches the basics of hip hop and cheer movements, stunts, and basic tumbling.

Tuesday	Thursday
6:15	6:15

Girls Competitive Gymnastics Training Teams

(4 to 8 years)

Pre-JS ★ \$260

JS 1 ★ \$370

JS 2 ★ \$420

PreTeam ★ \$395

This program is designed for students identified in our preschool program as interested in and capable of working in a focused manner towards competitive gymnastics. Participation is by invitation only.

If interested please ask for an evaluation.

Girls Pre-Junior Stars	Junior Stars 1	Junior Stars 2	PreTeam
Mondays & Wednesdays	Tuesdays & Thursdays	Monday Wednesday Friday	Tuesdays & Thursdays
3:30 – 4:30	3:30 – 5:30	3:30 – 5:30	5:00 – 7:30