

# 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		
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	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	5:00			10:30		10:30
	6:30	6:30			6:30	6:30				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			3:30	11:00	10:00
	4:30		4:30	4:30		5:00	3:30				12:00	12:00
5:30		5:30			5:30		4:30		5:30		1:00	
6:30				6:30					6:30			
		7:30					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

JS1 ★ \$370

JS2 ★ \$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