

# 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
10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:15		11:15		11:15	11:15
2:30				2:30	12:00	
					12:45	

## 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
9:45	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
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					
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				
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						

## 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	2:30	11:15	11:15
3:15	3:15	3:15	3:15	3:15	12:00	12:00
4:00				4:00	12:45	
4:45		5:30				
	6:15					
		7:00				

# 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					2:30			
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30		9:00
4:30	4:30		4:30	4:30	4:30	4:30	4:30	4:30	4:30		11:00
5:30	5:30	5:30	5:30	5:30		5:30	5:30	5:30	5:30		
6:30			6:30	6:30		6:30	6:30			12:00	
										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				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		5:00	6:30	6:30		5:00				12:00	12:00
										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			3:30			3:30	11:00	
5:30		5:30			5:30	5:00	4:30				12:00	12:00
6:30								5:30	6:30			

# 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
5:00	3:30	11:00
6:30	5:00	1:00
7:00	6:30	
	7:30	

# 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 Team

(4 to 8 years)

Pre-JS ★ \$260

JS 1 ★ \$370

JS 2 ★ \$510

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	3:15 – 6:15	5:00 – 7:30