

CLASS DESCRIPTIONS

Parent-Tot

Parent-tot classes are 40 minutes of fun and learning accompanied by an adult. Students will learn the fundamentals of gymnastics on size-appropriate equipment while developing social and physical skills. Parent-tot classes are ideal for students walking to 36 months.

Beginner

Beginner classes are 45 minutes long, focusing on gymnastics fundamentals. Students will focus on basic skill development on size-appropriate equipment while improving social and physical skills. Beginner classes are ideal for students 3 to 4 years.

Advanced Beginner

Advanced Beginner classes are 1 hour long and are ideal for students new to gymnastics. Students will learn foundational skills on vault, bars, beam, trampoline and floor while improving strength and flexibility.

Low and High Intermediate

Low and High Intermediate classes are 1 to 1.5 hours long, skill progressive, and are ideal for students 5 years or older with some gymnastics experience. Students must be able to independently perform a back-bend and round-off, or have an instructor's approval, to enroll in Intermediate classes.

Advanced

Our Advanced classes are 2 hours long, skill progressive, and are ideal for students 6 years or older with substantial gymnastics experience. Students will achieve advanced skills on vault, bars, beam, trampoline and floor while improving strength and flexibility. Students must be able to independently perform a round-off back handspring, or have an instructor's approval, to enroll in Advanced classes.