

Recreational Gymnastics and Tumbling Program Class Description

Mommy/Daddy & Me (18 months-2 years) 45 minute (boys & girls)

This class is designed to develop your child's physical and social abilities, through body movement and group participation. A parent or guardian is present during class encouraging the child to learn basic gymnastics skills with instruction on the balance beam, bars, floor, and trampoline.

Tots Gymnastics (Ages 3-4) 45 minute (boys & girls)

This class is designed to develop your child's physical and social abilities through body movement and group participation. Your child will learn basic gymnastics skills using the balance beam, bars, floor, trampoline, and basic tumbling skills.

Kinder Kids (Ages 4-5) 55 minute (boys & girls)

This class is designed to develop your child's physical and social abilities through movement and group participation. Your child will learn basic gymnastics skills using the balance beam, bars, floor, trampoline, and basic tumbling skills.

Unique Kids (special needs: Ages 4+) 60 minute (boys & girls)

Students will begin to learn basic gymnastics in a fun positive environment. Parent participation is not required but will be utilized if needed to encourage children both socially and physically.

Tumbling Level 1A (Ages 5-11) 55 minute

Children will focus on beginner tumbling skills such as forward and backwards rolls, handstands, bridges, cartwheels and backbends. The only equipment used is the floor and trampoline, as the primary focus of this class is the floor exercise and tumbling skills. No other gymnastics equipment will be used in this class.

Tumbling Level 1B: 55 minute

Level 1 tumbling is designed for athletes who are on a level 1 Cheer team or have completed Beginner Tumbling. Emphasis is placed on development proper form and technique for Level 1 tumbling skills such as forward and backwards rolls, front and back walkovers, cartwheels, and round offs. Great attention is paid to body awareness and understanding how the body performs through tumbling skills. Before moving on to a more advanced level class, athletes are expected to perform cartwheels, round offs, and walkovers with proper technique.

Tumbling 12+ Levels 1-2 (Ages 12-18) 55 minute

This class offers training on a variety of skills based on the individual athlete. There is a regimented basics and warm up section of class and then the athlete will have the freedom to choose which skills they would like to learn/work on.

Tumbling Level 2: 55 minute

Prerequisites for this class require athletes to be able to perform a cartwheel, round off, and front/back walkover with correct form as well as possess the ability to do fundamental elements of a back handspring with a spot. Class will focus on perfecting standing back handsprings and connecting round offs with a back handspring. Before moving on to a more advanced class athletes must be able to perform a standing back handspring and round off back handspring on their own with proper technique.

Tumbling Level 3: 55 minute

Level 2 prerequisites are required for this class as well as a round off back handspring and standing back handspring with proper technique. This class is designed to help athletes with round off multiple back handsprings, round off back tucks, round off back handspring back tucks, multiple standing tumbling skills, and standing tucks. Before advancing to a more advanced class athletes are expected to perform round off back tucks and round off back handspring back tucks with proper technique.

Tumbling Level 4/5 55 minute

Level 3 prerequisites are required for this class as well as a consistent round off back handspring back tuck with proper technique. Layouts, standing back tucks and multiple skill standing passes will be the focus of this class.

Girls Gymnastics Level 1 (Ages 5-8) 55 minute

This class is an introduction to gymnastics where your child will learn the basic gymnastics skills including cartwheels, forward rolls, backward rolls and bridges. Skills such as front support, cast and pullovers on the bars, straight jumps off the springboard for vault and basic walks on the beam will also be taught.

Girls Gymnastics Level 2 (Ages 5-8 & 9+) 55 minute

Gymnasts in this class will work on slightly more advanced skills. A cartwheel backwards roll and bridge with straight arms are required before joining this class. Students in this class will continue to work on basic skills as well as be introduced to new skills such as handsprings, bridge kick overs, round offs on floor, back hip circle, glide swings on bars, dive rolls, handstand flat back for vault and turns and jumps on the beam.

Gymnastics Level 3 (Ages 6+) 55 minute

Gymnasts in this class will learn more challenging skills. A round off, backbend kick over, handstand and pull over on the bar are skills that are required before joining this class. Students will be introduced to skills such as handstand forward roll, back walkover, front walkover and round off rebound on floor. Students will also begin to learn a back handspring, as well as squat on and single leg shoot through on bars, handstands and leaps on beam and jumps to handstand on vault.

Gymnastics Level 4 (Ages 6+) 55 minute

Gymnasts in this class have mastered the basic skills and are ready for advanced skills. Back handsprings, front handsprings, and ariels are some of the skills the gymnasts will learn on the floor. Other skills include glide kips, front hip circles and fly away on bars, cartwheel on beam, and front handsprings on vault.

Boys No Limit Beginner (Ages 6+) 55 minute

Boys will focus on tumbling and strength conditioning. Basic tumbling as well as salto and trampoline skills will be introduced in these classes. This class also offers some parkour and high bar training for added agility and control.

Boys No Limit Advanced (Ages 6+) 55 minute

This class is for the athletes that have mastered the beginner level class. Each class is designed to improve flexibility and strength while progressing skills to the intermediate and advanced levels, as well as continuing parkour skills and high bar training.

Parkour (6+) 55 minute

Students will learn to maximize control of their body, by learning fundamentals of movement, tumbling and negotiating obstacles by running, jumping and climbing.

Adult Class (18+) 55 minute

Students will be introduced to basic movement and tumbling techniques to increase mobility as well as Olympic strength exercise that will assist in learning more advanced tumbling skills. Students will also have access to bars, beam, rings, parallel bars, ropes and the different styles of trampolines to further their movement management. The adult class will be a mix of gymnastics, parkour and calisthenics for a well-rounded exposure to the sport.