

Recreational Class Descriptions

PARENTS AND ME (1-3)

Ages 18 months- 3 (45 mins. 1 day a week)- Have a curious little one? In this class, the parent follows along accompanying and supporting his/her child through obstacles that develop strength, balance and coordination on each apparatus. Students will develop gross motor skills and basic gymnastics skills in a fun and active learning environment.

REC TOTS (3-4)

Ages 3-4 (45 mins. 1 day a week)- Students in this class are independent in following along as the instructor guides them through fun, exciting obstacles to develop basic gymnastics skills on each apparatus. Students will continue to develop gross motor skills, hold their chin up on the bar, learn cartwheels and walk on a low balance beam all while learning to listen, take turns and follow directions.

KINDERKID (4-5)

Ages 4-5 (45 mins. 1 day a week)- Students continue to gain independence while moving through obstacles on each apparatus. Students will progress in their technique and development through basic gymnastics skills such as cartwheels, bridges and half handstands on floor; front support and casting on bars; balancing and hopping with two feet on low beams. This class will continue to provide structure in a fun and exciting way to prepare your student for Gymnastics level 1.

GYMNASTICS I

Children Ages 5 and up (55 Mins. 1 day a week) - Welcoming all beginner-level gymnasts! Athletes will work on basic skills on each apparatus. Perfecting rolls, half-handstands, cartwheels, and bridges on the floor; casting and pullovers on the bar; mounting, dismounting, and walking on the balance beam; basic running and board drills for the vault. Athletes will develop the proper strength and flexibility needed to advance throughout our recreational program. This class will provide the fundamentals needed for a fun and rewarding gymnastics experience. Most athletes will stay in this level for several sessions before advancing to level 2.

[There is a Gymnastics Level I class for ages 9+)

GYMNASTICS II

Children Ages 5 and up (55 mins. 1 day a week)- An advanced beginner level gymnastics class. Athletes will continue to work on basic skills on each apparatus. These athletes are perfecting cartwheels, handstands, rolls, and other skills listed in Gymnastics 1. Students will be introduced to bridge kick overs, backbends, and round-offs on the floor; glide swings and squat-ons on bars; levers and jumps on the balance beam; straight jumps onto stacked mats on vault. Students will continue to develop their strength, flexibility, and proper technique needed to progress throughout our recreational program. Most athletes will stay in this level for several sessions before advancing to level 3.

*Placement in this class requires mastery of Gymnastics Level 1 and/or evaluation by a coach.

GYMNASTICS III

Children Ages 5 and up (55 mins. 1 day a week)- An advanced beginner level gymnastics class. Athletes will continue to work on basic skills on each apparatus. These athletes are perfecting cartwheels, handstands, rolls, and other skills listed in Gymnastics 1. Students will be introduced to bridge kick overs, back bends, round-offs on the floor; glide swings and squat-ons on bars; levers and jumps on balance beam; straight jumps onto stacked mats on vault. Students will continue to develop their strength, flexibility, and proper technique needed to progress throughout our recreational program. Most athletes will stay in this level for several sessions before advancing to level 3.

*Placement in this class requires mastery of Gymnastics Level 1 and/or evaluation by a coach.

GYMNASTICS IV

Children Ages 5 and up (55 mins. 1 day a week)- An advanced level gymnastics class. This class is by invite only. Athletes have developed strong basic gymnastics skills through levels 1, 2 and 3 and will work on more advanced skills on each apparatus. These include double back hip circles and sole circle dismounts on bars; back walkovers, roundoffs and back handsprings on floor; handstands and dismounts on balance beam; handspring to flat back on stacked mats on vault. Students will continue to improve upon their strength and flexibility that is necessary to perform these advanced skills. Most athletes will stay in this level for several sessions and can seek an evaluation into our competitive program, if desired.

*Placement in this class requires mastery of Gymnastics Level 1-3 and invitation by a coach.

TUMBLING I

Ages 5 and up (55 mins. 1 day a week)- Calling all beginner level tumblers! This class is focused on developing proper rolls, handstands, cartwheels, bridges and back walkovers on floor. Tumbling classes are a great way to develop basic level skills on the floor while also working on body awareness, jumps, and coordination on trampoline. Students will work on basic strength, technique and flexibility needed to perform these skills all while having fun, taking turns, and making new friends! Most students will stay in this level for several sessions before advancing to level 2.

TUMBLING II

Ages 5 + (55 mins. 1 day a week)- Beginner and advanced beginner tumbling classes that continue to work on proper fundamental skills such as rolls, cartwheels, walkovers and handstands but also learn skills such as round-offs, back handsprings and round-off back handsprings. Students will spend time working on proper technique, strength and power needed to perform such skills, as well as coordination and body awareness on trampoline. This class will provide the drills necessary to get them one step closer to learning higher level skills, all while in a safe and positive learning environment. Most students will stay in this level for several sessions before advancing to level 3.

*Placement in this class requires mastery of Tumbling Level 1 and/or evaluation by a coach.

TUMBLING III THROUGH V

Ages 5 and up (55 mins. 1 day a week)- Advanced tumbling students have a strong background in basic tumbling and have grasped the skills in tumbling levels 1 and 2. Students will perform drills necessary for perfecting back tucks, advancing to back layouts, fulls, front saltos, and specialty combination skills. This class will provide the proper technique, strength and power needed to perform such advanced skills. Trampoline will provide body awareness and proper body shapes needed to learn back layouts and fulls. This class is our highest level of tumbling and is open to advanced tumblers, gymnasts, cheerleaders and dancers.

*Placement in this class requires mastery of Tumbling Level 1 and 2/3 and/or evaluation by a coach.

BEGINNER BOYS TUMBLING

Ages 5 and up (55 mins. 1 day a week)- Calling all beginner level tumblers! This class is focused on developing proper rolls, handstands, cartwheels, bridges and back walkovers on floor. Tumbling classes are a great way to develop basic level skills on the floor while also working on body awareness, jumps, and coordination on trampoline. Students will work on basic strength, technique and flexibility needed to perform these skills all while having fun, taking turns, and making new friends!

ADVANCED BOYS BEGINNER TUMBLING

Ages 5 and up (55 mins. 1 day a week) - Advanced boys have mastered the above skills and will learn back tucks, front saltos and round off back handsprings. This class will provide continued development of strength and drills needed to perform these skills. Boys will learn these fun, exciting skills using our trampolines and foam pits in a safe, structured environment.

*Placement in this class requires mastery of Beginner and Intermediate Boys and/or evaluation by a coach.

INTERMEDIATE BOYS TUMBLING

Ages 5 and up (55 mins. 1 day a week)- Beginner and advanced beginner tumbling classes that continue to work on proper fundamental skills such as rolls, cartwheels, walkovers and handstands but also learn skills such as round-offs, back handsprings and round-off back handsprings. Students will spend time working on proper technique, strength and power needed to perform such skills, as well as coordination and body awareness on trampoline. This class will provide the drills necessary to get them one step closer to learning higher level skills, all while in a safe and positive learning environment. Most students will stay in this level for several sessions before advancing to level 3.

*Placement in this class requires mastery of Tumbling Level 1 and/or evaluation by a coach.