

CLASS	DESCRIPTION	REQUIREMENTS 
<b>Open Gym (18mos-18yrs)</b>	Parent assisted gymnasium open play.	<ul style="list-style-type: none"> <li>• Respect other participants.</li> <li>• One child at a time on equipment.</li> <li>• Parents must remain on floor.</li> </ul>
<b>Private &amp; Semi-Private (18mos-18yrs)</b>	Individualized programs that focus on the specific needs of each athlete. Classes include gymnastics, sensory, behavior, social skills, strength & conditioning, & parent integration.	<ul style="list-style-type: none"> <li>• Evaluation</li> <li>• Appointment Required</li> </ul>
<b>Parent-Tot (2-5yrs)</b>	Parent assisted gymnastics class, basic movements, strength, balance, coordination, attention, & social integration.	<ul style="list-style-type: none"> <li>• Follows 1 step directions with adult/visual support.</li> <li>• Physical assistance required for balance, coordination, and focus/attention.</li> </ul>
<b>Bumblebees (2-3yrs)</b>	Gymnastics fundamentals, body awareness, turn-taking, & sensory regulation.	<ul style="list-style-type: none"> <li>• Follows 1-2 step directions with minimal support.</li> <li>• Attends to task for 2+ mins.</li> <li>• Able to remain within designated space with minimal or no elopement.</li> </ul>
<b>Tiny Tumblers (3-5yrs)</b>	Gymnastics fundamentals, increased body awareness, connecting with peers, & self-regulation.	<ul style="list-style-type: none"> <li>• Follows 2+ step directions with minimal support.</li> <li>• Attends to task for 3+ mins.</li> <li>• Able to remain within designated space without elopement.</li> </ul>
<b>Beginners (6-12yrs)</b>	Gymnastics fundamentals, increased body awareness, connecting with peers, self-regulation, self-confidence, & social skills integration.	<ul style="list-style-type: none"> <li>• Follows multi-step directions with minimal support.</li> <li>• Attends to task for 5+ mins.</li> <li>• Able to remain within designated space without elopement.</li> </ul>
<b>Intermediate (6-12yrs)</b>	Gymnastics skills development, body control, increased peer & self-communication, self-regulation, & confidence.	<ul style="list-style-type: none"> <li>• Follows multi-step directions with minimal support.</li> <li>• Attends to task for 7+ mins.</li> <li>• Able to work Independently for 2+ mins.</li> </ul>
<b>Advanced (6-12yrs)</b>	Gymnastics skills development, combination of skills, body control, increased peer & self-communication, self-regulation, & confidence.	<ul style="list-style-type: none"> <li>• Follows multi-step directions without support.</li> <li>• Attends to task for 9+ mins.</li> <li>• Able to work Independently for 5+ mins.</li> </ul>
<b>Parkour/Ninja (6-18yrs)</b>	Running, vaulting, jumping, climbing, rolling, & other rapid movements, body awareness, self-confidence, self-regulation, & self-confidence.	<ul style="list-style-type: none"> <li>• Follows multi-step directions with minimal support.</li> <li>• Attends to task for 5+ mins.</li> <li>• Able to remain within designated space without elopement.</li> </ul>
<b>Social Sprouts (6-18yrs)</b>	Gym based social skills learning with peers, to foster conversation, interactions, & problem-solving skills.	<ul style="list-style-type: none"> <li>• Follows multi-step directions with minimal support.</li> <li>• Attends to task for 5+ mins.</li> <li>• Able to remain within designated space without elopement.</li> </ul>
<b>Strength &amp; Conditioning (13-18yrs)</b>	Mobility, stability, strength, endurance, power, speed, agility & performance. Self-confidence, self-motivation, body-awareness & control.	<ul style="list-style-type: none"> <li>• Follows multi-step directions without support.</li> <li>• Attends to task for 9+ mins.</li> <li>• Able to work Independently for 5+ mins.</li> </ul>
<b>Makeup (all ages)</b>	Private/Semi-Private: rescheduled session (minimum 24hr notice). Groups: mixed ages, must be made up during monthly makeup class.	<ul style="list-style-type: none"> <li>• 1 makeup allowed per month.</li> <li>• Must be approved by coach.</li> </ul>

all classes focus on Mindfulness, Agility, & Perseverance (MAP)