

## Preschool Gymnastics

For boys & girls ages 12months to 5 years. Focuses on flexibility, body awareness, and coordination through basic gymnastics, games, and movement to music.

**Parent & Tot (12m-3yr.)—30min. \$40/mon.**

MON	TUE	WED	THUR	FRI	SAT
6:00p		10:00a 5:30p	6:00p		9:30a 12:15p

**3&4-year-old Preschool—45min. \$60/mon.**

MON	TUE	WED	THUR	FRI	SAT
6:30p 6:45p	11:30a	10:30a 6:00p	4:45p 6:45p		10:45a 11:30a

**Preschool Ninja Warrior (3-5yrs.)—45min. \$60/mon.**

MON	TUE	WED	THUR	FRI	SAT
6:30p					10:00a

## Cheer Bears

This class is for ages 4-7 year olds and works on jumps, chants, cheer body positions, and basic tumbling.

**45min. \$60/mon.**

Mon	Tue	Thur
4:30	5:30	5:30p 6:30p

## Special Needs Classes:

For children 5 and older. We offer both gymnastics and Ninja Warrior classes for children with Special needs. We have trusted coaches who will work with these children to help them learn new skills and have fun!

**Special Needs Coed Classes—55min. \$70/mon.**

Fri
5:00p

**Special Needs Ninja Warrior—55min. \$70/mon.**

Wed	Fri
6:45p	6:00p

## Girls Gymnastics

For girls 5 and older. Gymnastics helps children build strength, flexibility, coordination, confidence, and self-esteem.

**Girls Beginner (5-7 yrs.)—55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
5:30p	10:30a 6:30p	10:00a 7:30p	5:30p		10:00a

**Girls Beginner (8+ yrs.)—55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
5:30p	6:30p 7:30p	10:00a 5:30p	7:30p	5:00p	11:00a

**Girls Lv. 1 (5-7 yrs.)—55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
5:30p	5:30p	11:00a 6:30p	6:30p	6:00p	9:30a

**Girls Lv. 1 (8+)—55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
7:30p	5:30p	11:00a 5:30p			9:00a

**Girls Level 2 –90min. \$100/mon.**

MON	TUE	WED	THUR	FRI	SAT
5:00p		6:30p	6:45p		10:30a

**Girls Level 3 –2hrs. \$130/mon.**

MON	TUE	WED	THUR	FRI	SAT
6:30p		6:30p		5:00p	

## Co-Ed Tumbling

**Beginner Classes** work on handstands, rolls, and cartwheels.

**Intermediate Classes** work on walkovers, round-offs, and begin flipping.

**Advanced class** works on upper level tumbling connections, flipping with no hands, and twisting.

**Ages 6+ 55min \$75/month**

Class	Mon.	Tue.	Wed.	Sat.
Beginner	7:30p	6:30p		9:30a
Intermediate		7:30p	4:30p 7:30p	10:45a
Advanced				11:45a

## Boys Gymnastics

For boys 5 and older. Children build strength, speed, coordination, and gymnastics skills on all-men's apparatuses.

**Boys Beginner —55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
	6:30p	4:30p	5:30p	5:00p	9:30a

**Boys Intermediate —55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
	7:30p	7:30p	6:30p		10:30a

**Boys Advanced —55min. \$70/mon.**

MON	TUE	WED	THUR	FRI	SAT
7:30p					11:30a

## Ninja Warrior Classes:

For children 5 and older. Boys and Girls will learn how to run, flip jump, swing, and move through obstacles with grace and coordination.

**Ninja Warrior (5-10yrs.) —55min class \$70/mon.**

Mon	Tues	Wed	Thurs	Fri	Sat
	6:00p 7:00p	3:30p 5:30p	5:30p	6:00p	12:00p

**Ninja Warrior (11+) —55min class \$70/mon.**

Mon	Tues	Wed	Thurs	Fri	Sat
		6:30p	6:30p		11:00a

## Homeschool Class

This class is designed for homeschool families combining gymnastics class with PE. Students will have 30 min of structured instruction and 25 min of free play.

**55min. class \$40/child OR \$80/Family**

Tue	Wed
11:30a	3:00p