

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 (18m-3yr.)—30min. \$40/mon.

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

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			5:30p		10:00a

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	Sat
6:45p	6:00p	12:00p

GYMNASTICS



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	7:30p	5:00p	11:00a

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

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

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
		6:30p			

Girls Level 3 –2hrs. \$130/mon.

MON	TUE	WED	THUR	FRI	SAT
				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 \$70/month

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

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			

Boys Intermediate —55min. \$70/mon.

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

Boys Advanced —55min. \$70/mon.

MON	TUE	WED	THUR	FRI	SAT
7:30p					

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 (Advanced)		11:00a

