

Preschool / Kindergarten:

\$55 PARENT / TOT (30 MINUTES)

This class is for a parent (mom, grandma, dad, other adult) and toddler. These kids will be age 2 to 3. A coach will lead the class, while the parent helps the child with stretching positions, basic skills, and following directions. The Tot will be working their large motor skills by hanging on the bar, jumping on the trampoline, balancing on the beam, and log-rolling on the floor which will give them an early start in gymnastics. This class is a great way to spend time with your child and watch them get stronger. When they are potty-trained and show independence and self-control they can move up to PK1.

\$75 PRESCHOOL / KINDERGARTEN 1 (PK1) (45 MINUTES)

This class is 45 minutes long and designed for an independent 3 or 4 year-old. Children will spend time in the preschool gym learning basic gymnastics terms and positions, and working on strength, balance & coordination skills, as well as building confidence! They will work on large motor skills using the vault, bars, beam, floor, and a mini tramp. This class will prepare them to move up to PK2.

\$105 PRESCHOOL / KINDERGARTEN 2 (PK2) (1 HOUR)

This class is recommended to 4-5 year olds who are ready for a bit of a challenge. All the fun of a preschool class plus fifteen more minutes! Kids will spend the hour in the preschool gym area working on performing basic gymnastic skills such as forward & backward rolls, cartwheels, pullovers and jumps! Skills learned will prepare your child for PK3 class!

\$105 PRESCHOOL / KINDERGARTEN 3 (PK3) (1 HOUR)

This class is for those fearless kids that just simply need more! It runs more like a recreational Level 1 class learning to perform basic skills on all four events including vault, bars, beam, & floor - all at the pace of a kindergartener. This class will prepare them to move up to Level 1.

Recreation Levels 1-5:

\$105 REC LEVEL 1 (1 HOUR)

Recreational classes teach performing gymnastics skills correctly in a safe environment, all with a professional instructor. They will begin class with a warm-up / stretch and proceed to training on each of the 4 events (vault, bars, beam, floor). *Students will pass Level 1 when they can do 90% of the skills they are evaluated on.

Level 1 Skills

Vault: Pop-up (no hands!)

Bars: Pullover w/ mat, 3 casts in a row, forward roll, 3 second bent arm hang.

Beam: Jumps, Lunges, and getting comfortable on various beam heights.

Floor: Forward roll to stand, backward roll on wedge, cartwheel, handstand, step down to lever.

\$105 REC LEVEL 2 (1 HOUR)

Recreational classes teach performing gymnastics skills correctly in a safe environment, all with a professional instructor. They will begin class with a warm-up / stretch and proceed to training on each of the 4 events (vault, bars, beam, floor). *Students will pass Level 2 when they can do a pullover on the bars and 90% of the rest of the skills they are evaluated on.

Level 2 Skills

Vault: Pop Up (straight legs, no hands!)

Bars: Pullover (must master to pass), back hip circle, shoot through, 3 glide swings.

Beam: Jumps, Kicks, and pivots. Gymnasts will become more comfortable on the high beams.

Floor: Handstand roll down, straight arm backward roll, running cartwheel, round-off, bridge kick-over off mat, back bend.

\$130 REC LEVEL 3 (1 ½ HOURS)

Recreational classes teach performing gymnastics skills correctly in a safe environment, all with a professional instructor. They will begin class with a warm-up / stretch and proceed to training on each of the 4 events (vault, bars, beam, floor). *Students will pass Level 3 once they have mastered a back handspring on a wedge mat w/o spot, and 90% of the rest of the skills that they are evaluated on.

Level 3 Skills

Vault: Front Handspring flat back (w/ little spot)

Bars: Glide swing from standing, swinging with re-grip, stride circle OR front hip circle, back hip circle.

Beam: Handstand on low beam, 90 degree split jump on high beam.

Floor: Round-off rebound, handstand to bridge, back handspring on wedge without spot (must master this skill to pass level 3), bridge kick-over on floor.

\$130 REC LEVEL 4 (1 ½ HOURS)

Level 4 is geared at getting gymnasts ready for new skills.

Level 4 Skills

Vault: Front Handspring, Half-On.

Bars: Glide kip, tap swing, squat on, high bar dismount.

Beam: Cartwheels, handstands, walk-overs, leaps, jumps, and turns.

Floor: Round-off back handspring, front handspring, front/back walkovers, front tuck, back tuck on tumble track.

\$155 REC LEVEL 5 (2 HOURS)

Level 5 is geared at getting gymnasts ready for pre-competition team (MAGA or High School). They will begin class with a warm-up / stretch and proceed to training on each of the 4 events (vault, bars, beam, floor). When the coach feels they are ready, they can move up to the High School / Pre-Competitive class!

Level 5 Skills

Vault: Front Handspring, Half-On.

Bars: Glide kip, tap swing, squat on, high bar dismount.

Beam: Cartwheels, handstands, walk-overs, handsprings, leaps, jumps, and turns.

Floor: Round-off back handspring, front handspring, front/back walkovers, front tuck, back tuck.

\$155 HIGH SCHOOL / PRE-COMPETITIVE (2 HOURS)

This class is for girls in grades 7 through 12 who have the goal to be on a competitive team or younger girls who have been invited because they excel in gymnastics. Future competition could be through the MAGA program for girls through Grade 8 or Albany's High School Team when that program gets approved by the Albany School District. All apparatus (Floor/Bars/Beam/Vault) will be worked on at each individual gymnast's skill level. These girls will be coached by our most-experienced coaches!