

Classes Descriptions and How to Move up Through the Levels

Beginner Level

PARENT TOT –

(Ages 18 months to 3.5 years) Parents get the chance to participate with their child in the class which makes it more comfortable for the child. Focus is mostly on body awareness, balance, and basic gymnastics.

Beginner Level

TEDDY BEARS –

(Ages 3.5 to 6 years)
Boys and girls developing strength, agility, and good listening skills developmental skills. This class concentrates on beginning level skills on all equipment including the foam

BOYS CLASS-

(Ages 6 and up)

Boys will learn basic tumbling skills and basic skills on the boys equipment then will build on those skills and learn more advanced skills on all the equipment Boys need to have a good attention span and discipline in order to excel in this

CARTWHEELERS –

(Ages 4 to 6 years)

Must have approval by an instructor. This class is for students that have mastered a cartwheel and other basic skills that have prepared them for more challenging skills. Progressions get more challenging as skill level increases.

**CARTWHEELERS AND
LEVEL 1 ARE THE SAME
CLASS BUT DIFFERENT
AGE GROUPS**

Beginner Level

LEVEL 1 –

(Ages 6.5 and up) This class is the beginner level of girls elementary age gymnastics. Girls will learn basic tumbling and dance skills on the floor as well as basic skills on the girls' equipment

**We do evaluations for who is
ready to move up to team
during the showcase in May.**

**If you would like more
information regarding our
competitive team please
come ask our front desk
staff.**

Intermediate Level LEVEL 2/ Advanced Cartwheelers

To get into this class your child
must have

**a pullover on bars and a
bridge kickover on the floor.**

- Must have prior approval by an instructor. More advanced skills are learned on all the girls equipment and trampolines. This level is more intense and requires more discipline. Conditioning and flexibility is emphasized at this level.