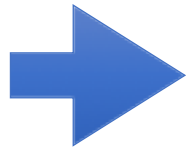


Classes Descriptions and How to Move up Through the Levels

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 -

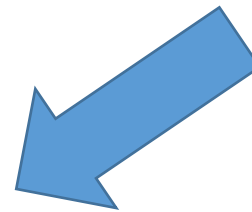
(Ages 3.5 to 6 years)
Boys and girls developing strength, agility, and good listening skills developmental



Nickle -

To get into this class your child must have a jump to front support, handstand, cartwheel, backward roll.

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.



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



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

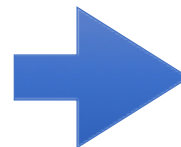
If you would like more information regarding our competitive team please come ask our front desk staff.

Intermediate Level

Bronze

To get into this class your child must have a jump to front support, back hip circle and cartwheel backward roll.

- 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.



Intermediate Level

Silver

To get into this class your child must have a pullover, back hip circle, round off backward roll.

- 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.

Beginner Level

Copper -

(Ages 6.5 and up) This class is the beginner level of girls elementary age gymnastics. Girls will learn

