

Gymnastics & Dance

Register online now!

PARENT-ASSISTED CLASSES

These classes offer an introduction to gymnastic learning basic motor skills, body awareness, balance & coordination.

Tumbling Tots walking to 2 years: 45-minute class

Mon: 10:00 am • Thurs: 10:00 am

MEM: \$105 PRO: \$135



Pre-Gym I ages 2-3: 45-minute class

Tue: 10:00 am • Wed: 11:00 am or Thurs: 10:00 am

MEM: \$105 PRO: \$135

PRESCHOOL GYMNASTICS ages 3-5:

Pre-Gym II ages 3-4:

Mon: 11:00 am, 5:00 pm

Tues: 11:00 pm

Wed: 12:00 pm • Thurs: 11:00 am

MEM: \$105 PRO: \$135



Pre-Gym III ages 4-5:

Mon: 1:00 pm, 2:00 pm • Tues: 1:00 pm, 2:00 pm

Wed: 2:00 pm (invitation only) • Thurs: 5:00 pm (session 2 only)

MEM: \$105 PRO: \$135

PROGRESSIVE CLASSES ages 5+

These classes are designed to improve strength, coordination & self-motivation, while gaining & progressing with gymnastic skills. 60 minute classes.

Beginner: No previous experience.

Mon: 4:00 pm (ages 9+) • Tue: 4:00 pm • Wed: 4:00 pm

MEM: \$115 PRO: \$145



Novice: Previous experience.

Mon: 5:00 pm • Tue: 5:00 pm • Wed: 5:00 pm

Thurs: 6:00 pm (session 2 only) • MEM: \$115 PRO: \$145

Intermediate (ages 7+): Must be able to do cartwheels, handstands, and pullovers on bars.

Mon: 6:00 pm • Tue: 6:00 pm

MEM: \$115 PRO: \$145

Adult (ages 18+):

Mon: 12:00 pm • MEM: \$115 PRO: \$145



SESSION DATES

Session 1: January 3 - March 8
No classes January 2 & 16

Session 2: March 12 - May 24
No classes week of April 2

BALLET

Ages 3-4: Wed: 1:30 pm

Ages 4-5: Wed:, 2:30 pm

MEM: \$80 PRO: \$95



HOME SCHOOL GYMNASTICS

Home School ages 5-11:

Wed: 1:00 pm or Thur: 1:00 pm

MEM: \$105 PRO: \$145



INVITATION-ONLY CLASSES

Hot Shots ages 4-6: Designed to challenge the more advanced ages 4 to 6. Must be pre-approved by coach.

Wed: 4:00 pm • MEM \$115 PRO \$135

Advanced ages 7-12: By invitation only.

Wed: 5:00 pm • MEM \$115 PRO \$135

Team ages 7-12: By invitation only.

Wed: 6:00 pm • MEM \$150 PRO \$180

CHEERLEADING/TUMBLING

Cheerleading/Tumbling ages 9+:

Mon: 6:00 pm • MEM: \$105 PRO: \$145