

Gymnastics & Dance: Movement Classes

Parent-Assisted Classes

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

Tumbling Tots *walking to 2 years:*

Mondays: 9:30 am, 10:15 am • Thursdays: 9:30 am
MEM: \$50 PRO: \$80

Pre-Gym I *ages 2-3:*

Mondays: 11:00 am • Tuesdays: 10:00 am, 12:00 pm
Thursdays: 10:00 am

Invitation: Mondays: 1:00 pm • Thursdays: 10:45 am

Siblings: Thursdays: 1:30 pm

MEM: \$65 PRO: \$95

Open Gym: Wednesdays: 1:00 – 2:00 pm (Weekly fee)

Preschool Gymnastics *ages 3-5:*

Pre-Gym II: Mondays: 12:00 pm, 2:00 pm

Tuesdays: 11:00 am, 1:00 pm, 2:00 pm

Thursdays: 11:30 am, 12:30 pm

MEM: \$65 PRO: \$95

Progressive Classes *ages 5+*

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

MEM: \$70 PRO: \$110

Beginner I & II: No previous experience.

I (ages 5-6): Mondays: 4:00 pm • Wednesdays: 4:00 pm

II (ages 7+): Tuesdays: 4:00 pm

Novice I & II: Previous experience.

I (ages 5-6): Tuesdays: 5:05 pm • Wednesdays: 5:00 pm

II (ages 7+): Mondays: 4:00 pm

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

Mondays: 5:05 pm • Tuesdays: 6:05 pm

Tumbling (ages 7+): Floor & tumble only. Wed: 6:05 pm



Session Dates

Session 1: Aug 17 – Oct 8

*(no class Sept 7)

Session 2: Oct 19 – Dec 17

*(no class week of Nov 23)

Progressive Classes *ages 5+*

Home School: I: Wed: 10:00 am

II: Wed: 11:00 am

Adults (18+): Wed: 12:00 pm, 7:30 pm

Invitation-Only Classes

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

Mon: 5:00 pm • Wed: 4:00 pm

Advanced *ages 7-12:* By invitation only.

Wed: 5:00 pm

Pre-Team *ages 7-12:* By invitation only.

Wed: 6:00 pm • MEM \$100 PRO \$130

Ballet

Ballet *ages 3+:* This is an introduction to the basic skills and terminology of ballet. Wear a leotard & ballet shoes to class.

Ages 3 – 4: Wed: 2:00 – 2:45 pm

Ages 5+: Tues: 4:30 – 5:15 pm

MEM: \$60 PRO: \$75

