

Sports & Rec: Gymnastics

Tumbling Tots *coed/walking-24 months*: This is a parent assisted class for children who have never taken a structured gymnastics class or are not ready to be on their own. Children will work on movement skills, taking turns and following directions to prepare them for On My Own.

Mon: 9:50 am • Tues: 9:50 am • Thurs: 9:50 am
MEM: \$81 PRO: \$115



On My Own *coed ages 2-3*: This 30-minute class is designed for 2+ year olds ready to do classes on their own. On My Own will have the same age appropriate goals as Pre-Gym including taking turns & following instructions from a coach, building balance, flexibility & confidence while having fun. Parent involvement is necessary. **Participants MUST be pre-approved to register.

Mon: 10:45 am • Tues: 10:45 am • Thurs: 10:45 am
MEM: \$71 PRO: \$103



Gym & Swim *coed ages 3-4*: The program combines 40-minutes of gymnastics with 30-minutes of pike/eel instruction and free swim. Please wear swimsuit to class.

Tues: 11:30 am; 4:45 pm • Thurs: 4:45 pm
MEM: \$120 PRO: \$160



Pre-Gym *coed ages 3-4*: Our pre-gym program offers an introduction to gymnastics. Children will learn basic motor skills, body awareness, balance and coordination. This class is very motivational & a great confidence builder.

Mon: 11:30 am; 5:10 pm • Tues: 2:40 pm, 3:30 pm
Thurs: 11:30 am; 6:00 pm
MEM: \$81 PRO: \$115



Gym & Dance *girls ages 3-6*: A combo of 40 minutes of gymnastics and 40 minutes of ballet/jazz/modern dance.

Ages 3-4: Mon: 3:30 pm
Ages 5-6: Thurs: 3:30 pm
MEM: \$120 PRO: \$160



Hot Shots *coed ages 4-6*: Our Hot Shots Program is made to challenge the more advanced 4-6 year olds. This advanced program is designed to work on strength and flexibility. **Participants MUST be pre-approved to register.

Mon: 3:45 pm • Thurs: 3:45 pm
MEM: \$103 PRO: \$144



Progressive Gymnastics *ages 5-12*:

Beginner - For children who have never taken gymnastics. This class is designed to improve strength, coordination and self-motivation.

Ages 5-6: Mon, 3:45 pm
Mon, 5:00 pm (coed)
Mon, 5:00 pm (boys)
Thurs: 3:45 pm

Ages 7-9: Mon, 5:00 pm
Thurs, 5:00 pm

Ages 8+: Thurs, 6:15 pm
MEM: \$ 103 PRO: \$144



Intermediate - Designed to improve strength & self-motivation. Must be able to do a cartwheel, handstand and bridge.

**Participants MUST be pre-approved to register.

Ages 5-6: Mon, 5:00 pm
Ages 7-9: Mon, 5:00 pm
Thurs, 5:00 pm

Ages 8+: Thurs, 6:15 pm
MEM: \$ 103 PRO: \$144



Pre-Team - Must be able to do a pull over, round off, cartwheel on low beam, back-bend, back walk over, and glide on bars. This class will meet twice a week.

**Participants MUST be pre-approved to register.

Ages 7-9: Mon, 5:00 pm
Thurs, 5:00 pm
MEM: \$ 200 PRO: \$280

