

Sports & Rec: Gymnastics & Dance

Preschool & Youth Gymnastics

Gymnastics is a great way to not only improve flexibility and balance, but to increase body awareness and self-discipline. We offer classes that focus on tumbling, jumps, and stunts for beginning to advanced gymnasts

MEM: \$35* PRO: \$ 55

*Early Bird Special \$25 if registered one month before the session begins.



Gymnastics Session Dates

Session 1: July 25 – September 12

Session 2: September 19 – November 7

Kinder Gym ages 3-5: This class helps with coordination, strength, flexibility, balance, motor skills, and agility.

Saturdays, 10:00 – 10:45 am (Gymnasium)

Beginner Gym ages 6-10: This progressive program helps develop strength, endurance and various skills. Participants will focus on jumps, stunts, motions, and beginner tumbling.

Saturdays, 10:50 – 11:50 am (Gymnasium)

Tumbling Class ages 10-16: This class develops basic to advanced tumbling skills.

Saturdays, 12:00 – 1:00 pm (Gymnasium)



Dance Session Dates

Session 1: June 6 - June 27

Session 2: July 11 - August 1

Dance

Dance has proven to instill life-long qualities such as confidence, poise, and discipline.

MEM: \$25 PRO: \$ 45

*Early Bird Special \$20 if registered one month before the session begins.



Pre-Ballet/Tap ages 3-5: This introductory class combines 30 minutes of ballet with 30 minutes of tap technique.

Saturdays, 11:00 – 2:00 pm (Studio)

Ballet/Tap ages 6-8: This class blends formal ballet technique with the rhythmic movement of tap.

Saturdays, 12:10 – 1:10 pm (Studio)

Ballet II/Tap ages 9-12: This class offers advanced ballet technique with the rhythmic movement of tap.

Saturdays, 1:20 – 2:20 pm (Studio)

Jazz/Hip-Hop ages 13-15: This class is where technique meets style.

Saturdays, 2:30 – 3:30 pm (Studio)