

Gymnastics



Tumbling

Class Schedule

Tuesday	Thursday
9:00 – 9:45 Parent & Tot – 2 year Old	4:00 – 4:45 Parent & Tot – 2 Year Old
10:00 – 10:45 3 & 4 year Old	5:00 – 5:45 3 & 4 Year Old
4:00 – 5:00 5 & 6 Year Old	6:00 – 7:00 5 & 6 Year Old
5:00 – 6:00 7 & 8 Year Old	7:00 – 8:00 7 & 8 Year Old

Parent & Tot Class: for children 2 years old. In this class we will focus on muscle movement, burning energy, balance, forward rolls, cartwheels and back rolls.

Parents are involved in helping their student along with the instructor.

3 & 4 Year Old Class: In this class students will focus on forward rolls, back rolls, handstands, cartwheels, balance on a low balance beam along with learning to listen and follow directions from the instructor.

5 & 6 Year Old Class: In this class students will focus on forward rolls, back rolls, handstands, handstand forward rolls, cartwheels and round offs.

7 & 8 Years Old: In this class students will focus on forward rolls, back rolls, handstands, handstand forward rolls, cartwheels and round offs. This class will introduce the back handspring to students.

This is our class descriptions at this time. As the students progress in age and skill level we will evaluate to provide classes accommodate student’s skill level.

What to wear: T-shirt, shorts and tennis shoes.