

Descriptions:

Parent/Tot:

Walking- 2

Gymnastics designed for the toddler walking-2 yrs. One child per Parent (Parent Involvement 100%)

Gym Kids:

Ages 2-3

This is a more structured introduction to gymnastics. We focus on balance and coordination, as well as play centered activities. One child per adult. (Parent involvement 75%)

Monkey Business:

Ages 3-4

This class uses gymnastic stations to help kids share, take turns & increase their attention span. This class requires the parent to be present. One child per adult. (Parent involvement 25%)

Mini Mites:

Ages 4-5

Play centered skill development drills with focused activities on individual gymnastics events.

Mighty Mites

Age 5-6

A step up from mini mites, kids will be able to start exploring basic gymnastics skills & get ready to move into out XCEL based programs or Jr Boys Tumble TriX.

Jr. Boys Tumble TriX (Beginner Parkour)

Ages 7-18

Engage in a mix of basic free running, tricking, parkour & tumbling in this exciting boy only class. Jr. Boys Tumble TriX is an entry level class.

Boys Tumble TriX (Intermediate & Advanced Parkour)

Ages 7-18

Engage in a mix of free running, tricking, parkour & tumbling in this exciting boy only class. Boys Tumble TriX is designed in a progression. Instructor approval is required to advance into this class.

Bronze @ Meadowood (Girls Beginner)

Ages 7-18

Based off the USAG Xcel program, gymnasts are introduced to the BRONZE level skills on all four of the apparatuses. Instructor approval is required to advance into this class.

Silver@ Meadowood (Girls Intermediate)

Ages 7-18

Based off the USAG Xcel program, gymnasts are introduced to the SILVER level skills on all four of the apparatuses. Instructor approval is required to advance into this class.

Gold @ Overland (Girls Beginner)

Ages 7-18

Based off the USAG Xcel program, gymnasts are introduced to the GOLD level skills on all four of the apparatuses. Attendance two days per week & instructor approval is required to advance into this class.

Platinum @ Overland (Girls Intermediate)

Ages 7-18

Based off the USAG Xcel program, gymnasts are introduced to the PLATINUM level skills on all four of the apparatuses. Attendance two days per week & instructor approval is required to advance into this class.

Diamond @ Overland (Girls Advanced)

Ages 7-18

Based off the USAG Xcel program, gymnasts are introduced to the DIAMOND level skills on all four of the apparatuses. Attendance two days per week & instructor approval is required to advance into this class.

Beginner Tumbling:

Ages 6-10

Boys & girls are introduced to the basics of tumbling & trampoline skills. Bars and beam will be used for strengthening exercises & balance.

Intro to Cheer:

Ages 4-18

Boys & girls are introduced to the basics of cheerleading motions, jumps & stunting skills.

Game day routines will also be taught.

Intro to Cheer Tumbling:

Ages 4-18

Boys & girls are introduced to the basics of cheerleading tumbling & skill connections.

Homeschool Gymnastics:

Ages 5-18

Boys & girls are introduced to the basics of gymnastics skills & structured activities. This class can be used as a homeschool P.E credit.

Day Care Gymnastics:

Ages 4-12

Boys & girls are introduced to the basics of gymnastics skills & structured activities. This class is a creative outlet for children to enhance their balance & coordination.