



Recreational & Preschool Gymnastics Class Descriptions

Preschool Gymnastics

Little Dippers: (under 2 years) girl/boy *This class meets once a week for 45 min.*

Little Dippers is a fun parent participation class where children can have free open play in our preschool rooms. The coach will not lead a structured class but will be there to encourage the children to try new things that will emphasize socialization skills, motor skills and group involvement.

Twinkle Little Stars: (2 years old) girl/boy *This class meets once a week for 45 min.*

Little Stars is a fun parent participation class with a strong emphasis on socialization skills, motor skills and group involvement. We will develop gymnastic skills through the use of our obstacle course and other equipment.

Shining Stars: (3 year olds) girl/boy *This class meets once a week for 45 min.*

Shining Stars is designed for children to develop their skills in a non-parent participation class. Children will further expand their gymnastics, listening, and learning skills by use of an obstacle course and equipment.

Bright Stars: (4 year olds) girl/boy *This class meets once a week for 45 min.*

This class is for the child that can function independently of the parent in a group situation. We focus on age appropriate physical challenges through obstacle course including basic gymnastics, basic movements, balancing and loco-motor skills.

Future Stars: (5 year olds) girls *This class meets once a week for 60 min.*

This class is carefully designed to help children move from our pre-school program to our recreational program. Children will learn more complex gymnastics skills and will be introduced to our recreational curriculum, more complex obstacle course, and start to be exposed to the different gymnastics apparatus (such as beam, bars and vault) and more advanced floor skills.

Rising Stars: (4 & 5 year olds) girls *This class meets once a week for 60 min.*

Fundamentals are in place and it's time to perfect and develop more skills. The class is geared for our more advanced 4 and 5 year olds that have mastered the above curriculum in Bright Stars and Future Stars. With the use of obstacle course and Recreation curriculum students will work on their posture, alignment, balancing, agility and more advance floor skills.

Training Stars: (Coach Invite Only) *This class meets twice a week for 60 min.*

Fundamentals are in place and it's time to perfect and develop more skills. The class is geared for our more advanced preschoolers who have mastered the skills in the above curriculum. This program is a stepping stone into our team program for younger students. Placement is determined after careful evaluation and consideration by our professional coaching staff. The focus of these groups is to provide a sound foundation of gymnastics while emphasizing strength, flexibility, correct form and proper technique.

Recreational Gymnastics, Cheer & Fitness

Acro: (6 - 12 year olds) *This class meets once a week for 1 hour.*

During the session children learn beginner skills on vault, bars, beam, floor and tramp. Each week instructors follow a lesson plan that is geared toward a skill sheet. Every child age 6 and older in our program will have an individual skill sheet. This way we can track individual progress. Gym X-treme Kids Sport Center will keep your daughters skill sheet on file for reference. Please feel free to ask your instructor to see your daughter sheet.

Aerial: (6 - 12 year olds) *This class meets once a week for 1 hour.*

During the session children learn intermediate skills on vault, bars, beam, floor and tramp. Each week instructors follow a lesson plan that is geared toward a skill sheet. Every child in our program age 6 and older will have an individual skill sheet. This way we can track individual progress. Gym X-treme Kids Sport Center will keep your daughters skill sheet on file for reference. Please feel free to ask your instructor to see your daughter sheets.

Twister: *This class meets once a week for 1 ½ hours.*

During the session children learn advanced skills on vault, bars, beam, floor, and tramp. Each week instructors follow a lesson plan that is geared toward a skill sheet. Every child in our program age 6 and older will have an individual skill sheet. This way we can track individual progress. Gym X-treme Kids Sport Center will keep your daughters skill sheet on file for reference. Please feel free to ask you instructor to see your daughter sheet.

Tumbling I: *This class meets once a week for 1 hour.*

During the session, students will learn basic tumbling skills, round-offs, walkovers, back handspring and front handsprings. These skills must be mastered to move into our tumbling II class. Each child will have their own skill sheet that we will keep for our reference.

Tumbling II: *This class meets once a week for 1 hour.*

Students must be able to though a back handspring on their own. We will further advance there tumbling into round-off back handsprings, back tucks and back layouts, etc. Each child will have their own skill sheet that we will keep for our reference.

Trampoline and Tumbling I: *This class meets once a week for 1 hour.*

During the session, students will focus on building core body strength with the use of a trampoline by learning basic skills and combinations as well as basic tumbling skills.

Dancing Tumblers: *This class meets once a week for 1 hour.*

The class was devised to help the dancers learn how to tumble and apply to the dancing routines. Basic tumbling of back walkovers, front walkovers, back handsprings, and aerials will be taught to apply through the art of dancing.

Beginning Boys: (age 5 -8) *This class meets once a week for 1 hour.*

During the session children learn beginner skills on boy's equipment. Each child will have their own skill sheet that will work from. Gym X-treme Kids Sport Center will keep you son's skill sheet on fill for a reference. Please feel free to ask you instructor to see your son's sheet.

Intermediate Boys: (age 5 -8) *This class meets once a week for 1 hour.*

During the session children learn more advanced skills on boy's equipment. Each child will have their own skill sheet that will work from.

Cheer for Tots: (age 4 – 6) *This class meets once a week for 1 hour.*

Students will learn the basic skills for a beginner cheerleader including motions, jumps and basic tumbling.

Cheer / Tumble: *This class meets once a week for 1 hour.*

Students will focus on skills for cheerleaders including jumps, motions and tumbling.

Advanced Cheer / Tumble: *This class meets once a week for 1 hour.*

Students will focus on more advanced skills for cheerleaders including jumps, motions and advanced tumbling.

Back Handspring Class : *This class meets once a week for an hour.*

This class is for the cheerleader or gymnast seeking a back handspring to further their skills. They will work on the mechanics of a back handspring utilizing a variety of equipment.

All Star Fitness: (6 yrs and up) boys/girls *This class meets once a week for an hour.*

All Star Fitness is an excellent strength & conditioning program for young children or athletes. It will improve your child's fitness and they will have fun while improving strength, power, balance, agility, speed, coordination, flexibility, endurance and stamina.