

Recreational & Preschool Gymnastics
Class Descriptions

Preschool Gymnastics :

Twinkle Little Stars: (2 & 3 year olds) girl/boy. This class meets once a week for 45 mins. This is a fun parent participation class with a strong emphasis on socialization skills, motor skills and group involvement. This is an instructor led class organized around weekly themes and a skill of the week. An introduction to taking turns, class order and sequence are highlighted in this class. Gymnastics skills and awareness are developed through the use of obstacle courses and other equipment.

Shining Stars: (3 year olds) girl/boy. This class meets once a week for 50 mins. 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 the use of an obstacle course and exposure to age appropriate gymnastics equipment.

Bright Stars: (4 year olds) girl/boy. This class meets once a week for 50 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 an obstacle course including basic gymnastics, basic movements, balancing and loco-motor skills.

Future Stars: (5 year olds) girl/boy. This class meets once a week for 50 min. This class is carefully designed to prepare children for a smooth transition from our pre-school program to our recreational program which begins at age 6. Children will be introduced to more complex gymnastics skills and obstacle courses with an emphasis placed on strengthening a child's confidence and competency in gymnastics.

Pre-K Boys: (3 – 5 year olds) boys. This class meets once a week for 50 min. This class is devised to introduce boys to boys' gymnastics equipment, drills and exercises all within the format of our other pre-k classes where the implementation of an obstacle course is used. An emphasis is placed on motor development, agility, endurance and fitness.

Training Stars Program (Levels I & II): (4 – 5 year olds) boys. Training Stars I meets twice a week for 60 min and Training Stars II meets twice a week for 90 min. This program is a stepping stone into our team program. These classes are designed to further challenge current 4 & 5 students. These classes involve more detailed and complex gymnastics instruction. Placement into this program is determined by evaluation and consideration by our professional coaching staff.

Recreational Gymnastics, Cheer & Fitness

Acro: (6 & older beginner level) girls. This class meets once a week for 1 hour. During the session children learn beginner skills and drills on vault, bars, beam, floor and tramp. Each week instructors follow a lesson plan that is created to help each student master a specific skill set at a beginner level. Students will train on two events per week.

Aerial: (6 & older intermediate level) girls. This class meets once a week for 1 hour. During the session children build upon the beginning skills highlighted in our Acro class on vault, bars, beam, floor and tramp. Each week instructors follow a lesson plan that is created to help each student master a specific skill set at an intermediate level. Students will train on two events per week.

Twister: (6 & older advanced level) girls. 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 created to help each student master a specific skill set at an advanced level. Students train on three events per week.

Superstarz (Competitive Recreation Team): (5 & older) girls. This class meets for 2-hour durations, 3-times a week; each child selects how many days per week she would like to practice. Children learn skills on vault, bars, beam and floor and then are provided the opportunity to learn routines on each event which highlight the various skills they have mastered. Competitions are an option at this level and are not mandatory. Competitions run from October through May. Tuition for this team is assessed on a monthly basis.

Tumbling I: (6 & older) girls/boys. This class meets once a week for 1 hour. This is a class for first-time inexperienced tumblers. Students in this class will learn basic tumbling skills including: forward rolls, backward rolls, bridges, handstands, cartwheels and round-offs.

Tumbling II: (6 & older) girls/boys. This class meets once a week for 1 hour. During this class, students will master their basic skills and be introduced to more complex skills including front and back walkovers, and front and back handsprings.

Tumbling III: (6 & older) girls/boys. This class meets once a week for 1 hour. Students must be able to do a back handspring on their own to advance to this class. The class focuses on strengthening the quality of students' tumbling while working towards series tumbling.

Advanced Tumbling (Invitation Only): (6 & older) girls/boys. Students are selected to enroll in this class based on their tumbling ability. Solid series tumbling is a pre-requisite to be selected for this class. Individual tumbling goals are devised per student in this class where achievement of the goals is emphasized.

Trampoline and Tumbling (TNT): (6 & older) girls/boys. This class meets once a week for 1 hour. Core body strength development is an emphasis of this class. Basic tumbling skills are learned in addition to trampoline basics, combinations, and skills. Training on the trampoline weekly occurs in this class.

Back Handspring (6 & older) girls/boys. This class meets once a week for 1 hour. This class is for the athlete, cheerleader or gymnast seeking to learn a back handspring with proper technique. Students will be exposed to a variety of skills, drills and exercises geared towards building up their strength to perform a back handspring correctly. Various areas of the gym and a variety of equipment are used to conduct this class.

Beginning/Intermediate Boys: (6 & older) boys. This class meets once a week for 1 hour. Boys learn and enhance their beginner skills on boy's equipment with a keen focus on building strength, flexibility and agility. Conditioning and strength development is a strong focus in this class.

Cheer Tumble (6-12 year olds) girls. This class meets once a week for 1 hour. This is our beginner cheer class. Students will learn basic cheer jumps, motions and tumbling. This class is for the child who has little to no experience in cheerleading.

Advanced Cheer Tumble (12 & older) girls. This class meets once a week for 1 hour. This is our advanced cheer class. Students are expected to already have mastered basic cheer, jumps and motions in order to take this class. Students will review basic cheer motions and work on more advanced jumps and tumbling.

All Star Fitness (6 & older) girls/boys. This class meets once a week for 1 hour. This is an excellent strength and conditioning program for young children and athletes. Fitness development with an emphasis on improving strength, power, agility, speed, coordination, flexibility, and stamina all while having fun is the basis of this class.