

PURE GYMNASTICS

“PARENT AND ME” 18 MONTHS-3 YEAR OLD *Student/ teacher ratio 6-1* *55 minute class*

The youngest of our students will have a blast running, jumping and swinging all over the gym. These classes will begin teaching the basics of gymnastics, following directions and best of all they can bring their parents along to help with all the fun.

3-4 YEAR OLD *Student/teacher ratio 6-1* *55 minute class*

This class allows our students to learn and explore the gym in a class all by themselves. They will jump on trampolines, climb on bars, run through obstacle courses and most importantly have fun!

5-7 YEAR OLD – BEGINNING *Student/teacher ratio 8-1* *55 minute class*

We have moved on from preschool, time start learning the basics of gymnastics and building a safe foundation for new skills. The students will use all of the equipment in the gym to expand their confidence and increase their physical fitness.

5-7 YEAR OLD – ADVANCED *Student/teacher ratio 8-1* *55 minute class*

Now that the basics have been accomplished and the students have increased their fitness, it's time to expand their skills. The teachers will begin adding more challenging skills and guiding the students towards specific goals.

7-9 YEAR OLD – BEGINNING *Student/teacher ratio 8-1* *55 minute class*

This class is a great introduction to the sport and the students will start learning the basics of gymnastics and building a safe foundation for new skills. The students will use all of the equipment in the gym to expand their confidence and increase their physical fitness.

7-9 YEAR OLD – ADVANCED *Student/teacher ratio 8-1* *55 minute class*

Now that the basics have been accomplished and the students have increased their fitness, it's time to expand their skills. The teachers will begin adding more challenging skills and guiding the students towards specific goals.

10 YEAR OLD AND UP – BEGINNING *Student/teacher ratio 8-1* *55 minute class*

This class is a great introduction to the sport and the students will start learning the basics of gymnastics and building a safe foundation for new skills. The students will use all of the equipment in the gym to expand their confidence and increase their physical fitness.

10 YEAR OLD AND UP – ADVANCED *Student/teacher ratio 8-1* *Two hour class*

Now that the basics have been accomplished and the students have increased their fitness, it's time to expand their skills. The teachers will begin adding more challenging skills and guiding the students towards specific goals. If the athlete is asking for more training and wants to progress even quicker, this class is available in a two hour class as well.

7-9 YEAR OLD TUMBLING *Student/teacher ratio is 8-1* *55 minute class*

If the athlete is only interested in tumbling and “flipping”, then this is the class for them. We will focus on teaching students to safely progress through beginning and advanced tumbling skills. By using our spring floor, “tumbl trak” and various other training devices we will increase confidence and train the students Safely!

10 YEAR OLD AND UP TUMBLING *Student/teacher ratio is 8-1* *55 minute class*

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BOYS ONLY GYMNASTICS *Student/teacher ratio is 8-1* *55 minute class*

This class will wear out the “wildest” of boys! Classes will focus on basic gymnastics skills as well as other activities including races, games, and obstacle courses.

OPEN GYM

Supervised free time in the gym for extra practice.