

 **Program Descriptions**

**Mom, Dad & Me (60mins) 18mths-36mths**

This semi-structured one hour program is designed to promote movement, gross motor skills, socialization and most of all FUN with a parent or caregiver.

**Special Needs Mom/Dad & Me (60mins**)-2 yrs-5yrs A semi structured class that exposes children to movement, socializing, gross motor skills while being assisted through all equipment and obstacle course.

**Kindergym (75mins)**

This program is offered to children 3-5 years of age and is geared to channel your child’s energy in fun filled ways with an entertaining mix of basic gymnastics, body awareness and games.

**School Age Recreational (75mins) 5yrs and Up**

These programs are designed for junior boys and girls focusing on a more structured approach to FUN, FITNESS AND FUNDAMENTSL, of gymnastics.

**Senior Recreational Girls (75mins)**

This program is designed for ages 8 and up and is designed to be skill oriented including sport specific conditioning to build strength and agility.

**Senior Recreational Girls (60mins) 10yrs and Up**

This program is designed to focus on Strength, Flexibility and Conditioning for athletes interested in advancing their gymnastic skills. Class is one hour, with no break throughout. Each class will focus mainly on Floor skills along with one apparatus per week. (Beam/Vault/Bars)

**Acro-Not offered for Fall 2018**

Acrobatic Gymnastics develops courage, strength, stamina, co-ordination, flexibility, jumping abilities, dexterity etc. Sports acrobatics unites its power and poise, with grace and beauty to create an intriguing sport.

**Tumbling**- **Not offered for Fall 2018**

Tumbling class covers all the basics of running and standing tumbling such as handstands, cartwheels, round-offs, front/back walkovers. Experienced athletes may move into backhand springs and tucks. This class focuses on proper form and technique



*What Type of Class Should My Child Try?*

***What is the difference between a Gymnastics Class & Tumbling Class?***

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| ***Gymnastics***typically involves the women's events of uneven parallel bars, Balance beam, floor exercise, and vault. Men's events include floor Exercise, pommel horse, still rings, vault, parallel bars, and high bar. |
| ***Tumbling***Is a form of gymnastics which is performed without the assistance of props; you may also hear it referred to as floor gymnastics. Like other forms of gymnastics, tumbling requires physical strength, flexibility, and stamina. |
| ***What kind of class should I******sign my child up for?***This is just a recommendation, but typically it is better for the younger children to start in gymnastics; ages 3 to 10 years. Ages 11 and up; it is recommended enrolling in a tumbling class. Both are great physical activities; your child should participate in the class that they enjoy. Tumbling usually is geared for children in cheerleading or preparing to try-out for cheerleading. |