

# GYMNASTICS CLASS OFFERINGS

## **TUMBLE BUDDIES (18MO TO 3YR): 45 MIN**

Have fun with your toddler (18 mo - 3 yrs) in a parent-child class! This class is designed for the very young gymnast who still requires a guardian to accompany him or her on the floor. Children will begin learning motor coordination, balance and socialization skills. Parents/Guardians will learn to spot their gymnast on various beginning skills and will be able to play freely during a portion of the class. Must be able to walk or run.

## **TUMBLE TOTS (AGE 3): 45 MIN**

This class introduces listening skills, body positioning, movement skills and basic tumbling skills.

## **TUMBLE CUBS (AGE 4): 45 MIN**

Skills performed: Incline forward and straddle roll, L-hang on bars, knee scale, V-sit on beam, and squat off vault.

## **TUMBLE BEARS (AGE 5): 45 MIN**

Skills performed: start cartwheel, backbend, hang on uneven bars, bunny hop on beam, and squat on vault.

## **ROLLERS 1 (AGES 6-8): 60 MIN**

Skills performed: cartwheel, front/backrolls, start Releve' walks on beam, mounts and dismounts on uneven bars, and tuck jump off vault. This class can be taken more than once, until all skills are mastered.

## **ROLLERS 2 (AGE 9 & UP): 60 MIN**

Skills performed: cartwheel, front/backrolls, start Releve' walks on beam, mounts and dismounts on uneven bars, and tuck jump off vault.

## **TURNERS: 60 MIN**

For students who have passed Rollers. Skills performed: cartwheel, start round-off, pivot turn and squat turn on beam, start back hip pullover on uneven bars and vault prep.

## **BEGINNER TUMBLING: 60 MIN**

Skills performed: forward/backward roll, cartwheel, round-off, handstand, bridge/backbend, front and back kick over.

## **BOYS TUMBLING (AGES 5 & UP): 60 MIN**

This class will focus strictly on floor elements and strength moves. Some examples of skills performed include forward and backward rolls, backbends, cartwheels and round-offs.

## **PARKOUR CLASS (BEGINNER & INTERMEDIATE): 60 MIN**

Parkour is the art of finding the fastest way to get from point A to point B by running, flipping, rolling and jumping over obstacles. This class will demonstrate the basics of both Parkour and Freerunning (the art of motion). Great for both boys and girls!

**BE SURE TO CHECK THE CURRENT SESSION SCHEDULE  
FOR CLASS AVAILABILITY & TIMES.  
EVERY CLASS MAY NOT BE OFFERED EVERY SESSION.**