

Tiny Tumblers w/Parent

2-3 years

Children will enjoy age appropriate activities that will aid in motor control, hand-eye coordination, strengthen skeletal muscles, as well as promote social interactions in a safe and fun environment.

This is our transition class where children will work on basic gymnastics and elements while also learning to work independent of mom/dad.



Monday 10-10:45
Tuesday 10-10:45
Tuesday 5:45-6:30
Wednesday 10-10:45
Thursday 10-10:45
Thursday 5:45-6:30

Pre K Gymnastics

3-5 years

Children will learn the basic elements of gymnastics including forward rolls, handstands and cartwheels while following directions, sharing equipment and learning to work independently

Monday 10:45-11:30
Monday 5-5:45
Tuesday 12:30-1:15
Tuesday 5-5:45
Wednesday 12:30-1:15
Wednesday 4-4:45
Wednesday 5-5:45
Thursday 10:45-11:30
Thursday 5-5:45
Saturday 9:00-9:45



Hot Shots
 3-5 years
 Invitation Only
Tuesday 4-5

School Age Gymnastics

5+ years

Children will work on all gymnastic events including bars, beam, floor, vault and trampoline. They will also be working on flexibility and strength to become a well rounded athlete.

Beginner		Intermediate	
Monday	4-5	Monday	4-5
Monday	5:15-6:15	Monday	5:15-6:15
Wednesday	5:15-6:15	Wednesday	4-5
Thursday	4-5	Thursday	4-5
Thursday	5:15-6:15	Thursday	5:15-6:15
Thursday	6:30-7:30	Thursday	6:30-7:30
Saturday	9-10	Saturday	9-10

Super Stars

Invitation Only
 Billed Monthly
 5-8 years
Monday 4-6:00

Advanced School Aged

8+ years
 Invitation Only
Wednesday 4-6



Tumbling Classes

7+ years

Children will utilize the spring floor and the tumble trak (trampoline) to learn tumbling skills needed for dance, cheerleading and fun:

Cartwheels, Handstands and Bridges, Roundoff, back walkovers, front walkovers, back handspring drills

Monday 6:30-7:30 pm
Wednesday 5:15-6:15
Thursday 6:30-7:30 pm
Saturday 11:30-12:30



Inquire about our unlimited tumbling option

Ninja Program

Children will participate in Ninja style obstacle courses, learn tumbling skills, use the rock wall, peak wall and cargo net and take part in fun conditioning/fitness challenges.

Mini Ninja
 ages 2-4

Jr. Ninja
 ages 4-6

Tuesday 10:45-11:30 **Wednesday 6:30-7:30**
Wednesday 10:45-11:30 **Thursday 4-5**
Saturday 10:15-11:00 **Saturday 9-10**

School Age

Master Ninja

Monday 4-5 **Wednesday ^{invite only} 6:30-7:30**
Wednesday 4-5 **Saturday 10:15-11:15**
Wednesday 6:30-7:30
Saturday 10:15-11:15