

## Class Descriptions

<p>Tumbling for Toddlers (1.5-2 years old)</p>	<p>This class is for adult parents or caregivers and their young gymnasts. In this 45-minute class, parents or caregivers will participate with their young gymnast(s) to help them explore and discover the gymnastics space and equipment under instruction of a teacher. Parents and caregivers are expected to actively participate in this class. Maximum two young gymnasts per adult.</p>
<p>Preschool (3-4 years old)</p>	<p>This class for 3 and 4 year old boys and girls. In this 45-minute class, gymnasts will learn the basic gymnastics shapes and movements on various gymnastics equipment with a focus on fun! Gymnasts should be able to separate from parent. This enthusiastic age group will learn fundamental gymnastics skills based on proper progressions and safety.</p>
<p>Boys Beginner/Intermediate</p>	<p>Gymnasts learn the fundamental progressions and get an introduction to basic skills on vault, parallel bars, bars, pommel horse, rings and floor exercise. This class is for beginning and intermediate gymnasts.</p>
<p>Girls Beginner</p>	<p>This class is for the beginner girl gymnast. In this 55-minute class, girls will work on getting strong and fit as they learn and improve upon basic gymnastics skills.</p>
<p>Girls Intermediate A</p>	<p>This class is for the girl gymnast with previous gymnastics experience who has mastered beginner gymnastics skills. <b>Gymnasts should be able to perform the following before registering for this class: cartwheel, 3/4 handstand, 2 sec pull up hang, kickover/pullover with minimal spot on bars, 3 push ups in a row, bridge.</b> In this 85-minute class, gymnasts will work on improving their current gymnastics skills, strength, flexibility, and fitness.</p>
<p>Girls Intermediate B</p>	<p>This class is for the girl gymnast with previous experience who has mastered intermediate A skills. <b>Gymnasts should be able to perform the following before registering for this class: solid cartwheel, handstand, bridge kickover, pull up, pullover, back hip circle, 5 push ups in a row, 3/4 handstand on beam, cartwheel on low beam.</b> In this 85-minute class, gymnasts will work on improving their current gymnastics skills, strength, flexibility, and fitness.</p>
<p>Girls Advanced</p>	<p>This class is for the girl gymnast with previous gymnastics experience who has mastered intermediate A &amp; B skills. <b>Gymnasts should be able to perform the following with good form before registering for this class: cartwheel, handstand, backbend to bridge, back walkover, pull up-pullover, back hip circle, 10 push ups in a row, 30 sec plank hold, forward jump roping, 3/4 handstand on beam, cartwheel on low beam.</b> In this 115-minute class, gymnasts will work on improving their current gymnastics skills, strength, flexibility, and fitness. This class was previously called GOLD TEAM and requires instructor approval.</p>