



## Our Mission

Our mission is to not only teach kids gymnastics, but to help build a solid foundation of life skills. We will accomplish that by teaching teamwork; how to build others up and encourage them along the way. We will not only lead by example, but we will believe in and encourage them, proving to them that they are champion kids who will grow into champion adults in every aspect of their life.

## Our Philosophy

Our vision for this program is to have incredible coaches who not only say what they are going to do, but do what they say. Coaches play a huge part in the gymnasts' life and it's important that the bond of trust is built and nurtured. We want to focus on the gymnasts' strength, help them set goals for themselves, and hold them accountable.



## Our Class Offerings

### Little's Rec Classes

- Tumbles & Giggles - 6 to 24 months
- Pre-School Class - 2 to 4 years
- Tiny Tumblers - 3 to 5.5 years
- Little Boys Ninja & Tumbling - 3 to 5.5 years

### Mini-Shots

- Invite-only into our fast track to the competitive program
- Mini-Shots 1 & 2 - 3 to 5.5 years

### Recreational Classes

- Beginner Novice - 4 to 10 years
- Novice 1 & 2 - 5+ years
- Boys Rec - 6+ years
- Teen Rec - 13+ years

### Competitive Levels Program

- NGA Levels 1N-10N
- Pre-Team options for Levels 1N-3N that want to train, but not compete
- In-house and travel meet options
- State, Regional, and National Competitions for gymnasts that qualify

*Have a gymnast that wants to compete? Ask us about our competitive NGA Levels Program!*

# Littles Rec Classes



## Tumbles & Giggles – 6 to 18 months

- **Mondays:** 9-9:30am
- **Wednesdays:** 4:30-5pm
- **Saturdays:** 8-8:30am

**30 min  
class**

## Pre-School – 2 to 4 years

- **Mondays:** 9:30-10am and 4:30-5pm
- **Wednesdays:** 4-4:30pm
- **Thursdays:** 4:30-5pm and 5-5:30pm
- **Saturdays:** 8:30-9am

**30 min  
class**

## Tiny Tumblers – 3 to 5.5 years

- **Mondays:** 10-10:45am and 5-5:45pm
- **Tuesdays:** 4-4:45pm
- **Wednesdays:** 5-5:45pm
- **Thursdays:** 5-5:45pm
- **Saturdays:** 9-9:45am

**45 min  
class**

## Little Boys Ninja & Tumbling – 3 to 5.5 years

- **Tuesdays:** 6:15-7pm
- **Thursdays:** 5:45-6:30pm

**45 min  
class**



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### COST FOR ENTIRE 10-WEEK SESSION:

Tumbles & Giggles & Pre-School: \$145  
Tiny Tumblers & Little Boys Ninja: \$160

*\*\*Cost is broken out monthly\*\**

# Mini-Shots Program



## Mini-Shots 1 – 3 to 5.5 years

- **Mondays:** 3:30-4:30pm and 4:15-5:15pm
- **Tuesdays:** 3:30-4:30pm

## Mini-Shots 2 – 3 to 5.5 years

- **Mondays:** 5:30-6:30pm

Our Mini-Shots Program is a pre-competitive program that is invite only. Younger gymnasts that show natural talent, listen well, and are able to take corrections are invited into Mini-Shots 1. Gymnasts who advance out of Mini-Shots 2 move into our competitive Mini-Level 1N where gymnasts will compete at in-house meets and continue to train competitive skills. Gymnasts remain in Mini-Levels until they reach the age of 7 or move into Level 3N.

1 hr  
class



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## COST FOR ENTIRE 10-WEEK SESSION:

Mini-Shots 1 & 2: \$195.50

*\*\*Cost is broken out monthly\*\**

# Recreational Classes



## Beginner Novice - 4 to 10 years

- **Mondays:** 5:45-6:45pm
- **Tuesdays:** 5:15-6:15pm
- **Wednesdays:** 5:45-6:45pm
- **Thursdays:** 4-5pm
- **Saturdays:** 9:45-10:45am
- **Sundays:** 8:30-9:30am

## Novice 1 - 5+ years

- **Tuesdays:** 6:15-7:15pm
- **Wednesdays:** 4-5pm
- **Thursdays:** 6:30-7:30pm

all 1 hr  
classes

## Novice 2 - 5+ years

- **Mondays:** 6:15-7:15pm
- **Tuesdays:** 4:15-5:15pm
- **Wednesdays:** 5-6pm
- **Thursdays:** 5:30-6:30pm
- **Saturdays:** 10:45-11:45am
- **Sundays:** 9:30-10:30am

## Boys Rec - 6+ years

- **Tuesdays:** 5:45-6:45pm
- **Thursdays:** 6-7pm

## Teen Rec - 13+ years

- **Mondays:** 6:45-7:45pm



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**COST FOR ENTIRE 10-WEEK SESSION:**

All 1 hour Rec Classes: \$187.50

*\*\*Cost is broken out monthly\*\**

# Class Descriptions



## Little's Rec Classes

**Tumbles & Giggles:** Let your child have fun while helping them to develop their large and small motor skills, as well as their hand-eye coordination! Parents can join in and play with their child during this 30 min. class for 6 months to 24-month old's!

**Pre-School:** We'll be keeping your active preschooler excited to develop their over-all fitness and coordination, as well as basic gymnastics and tumbling skills. In this 30 min. class, 2-4 yr. olds get to have fun with the coach on their own, as parents sit on the bleachers and watch!

**Tiny Tumblers:** This class is for kids who progress in skills from the Pre-School Class. We will start to learn beginning shapes, skills and drills for the different events, and start teaching the gymnastics terms. In this 45 min. class, 3-5.5 yr. olds get to learn skills on all four (4) events!

### Focus Skills:

- **Vault** - Bunny hops, jumping to/from 2 feet, straight jumps, skipping, star jumps
- **Bars** - Pull-up concept (various grip), leg lifts (toes to bars) aka "Hello Toes", super hero swings (toes to kick mat), front support hold, bear crawl/crab walks
- **Beam** (they start on low beams and progress to high beams throughout the session) - Forward walk, airplane arms, sideways walk, understand the concept of releve, bunny hops
- **Floor** - Gymnasts stance, basic positions: tuck, pike, straddle, and table position; donkey kicks, understand the concept of a candlestick, power lunge

**Little Boys Ninja & Tumbling:** This class is for active boys who want to jump, tumble and swing! Active boys will get guidance in basic gymnastic floor skills that progress in the shapes needed for larger floor tumbling, as well as work the strength needed to do such skills. In this 45 min. class, 3-5.5 yr. olds get to learn skills and strength as it pertains to boys ninja, tumbling, and boys rec!

## Mini-Shots 1 & 2

**Mini-Shots 1 & 2:** This class is for younger gymnasts who show natural talent, have good listening skills, and are able to take corrections given by the coach. This is a pre-team class with the intention that gymnast will progress from Mini-Shots 1 to Mini-shots 2 based on coach recommendation. In this 1 hr class, 3-5.5 yr. olds get to learn skills on all four (4) events and progress into our Competitive Mini-Levels Program after they pass Mini-Shots 2!

### Focus Skills:

- **Vault** - Bunny hops, jumping to/from 2 feet, straight jumps, skipping, star jumps, jump off board to small block
- **Bars** - Tuck pull-up (various grip): 5 sec hold, jump to front support, cast, pull-over, back hip circle, glide swing (straight legs)
- **Beam** - Forward and backward walk, scale, high releve hold, forward kicks
- **Floor** - Straddle hold: 5 sec; pike hold: 5 sec; candlestick, scale, forward roll, straddle roll, backward roll, handstand, cartwheel, bridge: 5 sec hold



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# Class Descriptions



## Recreational Classes:

**Beginner Novice:** For the gymnast who is just starting out or who progress in skills from the Tiny Tumbler class, this class will focus on learning gymnastics shapes and skills, as well as focusing on gymnastics terms, safety, and how to use each apparatus. This 1 hr. class is for 4-10 yr. olds.

### Focus Skills:

- **Vault** – 2 foot jumps, block jumps, arm circles, jump from block to board
- **Bars** – Front support hold (3 sec), Chin Hold: 3 sec, Hello Toes (toes to bar w/spot), Hang Shapes: Tuck, Pike, Straddle, Ring Hold: 3 sec
- **Beam (high beams)** – Forward walks, Releve Lift x5, Arm positions, Power Lunge, Jump Off End of Beam to Stick
- **Floor** – Straight Jump, Table (3 sec hold), Lever, Forward Roll (down wedge), Releve Hold (5 sec)

**Novice 1:** This class is for kids who progress in skills from the Beginner Novice class. We will continue building on shapes, skills and terms for each event. This 1 hr. class is for 5+ yr. olds.

### Focus Skills:

- **Vault** – Back arm circle jump back to mat, straight jumps (pointed toes, arms by ears, straight legs), Jump from block to board to stick, Straight Jump to panel mat (from floor)
- **Bars** – Pullover (light spot), Cast (straight legs, pointed toes), Turtle Shell Shape, Tuck Hang (3 sec), Chin Hold: 5 sec
- **Beam (high beams)** – Releve Walks (forward), Backward Walks, Releve Hold (10 sec), Forward leg Lifts x5, Popcorn Jumps
- **Floor** – Gallup, Releve Hold (10 sec), Tuck Jump, Lever hop, Forward Roll

**Novice 2:** This class is for kids who progress in skills from the Novice 1 class. We will continue building on shapes, skills and terms for each event. This 1 hr. class is for 5+ yr. olds and gets gymnasts ready to move into our Competitive Levels Program. Gymnasts progressing from Novice 2 will be Skills Tested by our Levels Coordinator to determine which NGA Level is the best fit for them.

### Focus Skills:

- **Vault** – Run, back arm circle jump to board, straight jump to 16" mat (arms by ears; 2 sec hold), Forward Roll down wedge, Straight jump from board to 8" mat
- **Bars** – Pullover (no spot), Back Hip Circle (little spot), Cast Off (to hollow), Cast (30-45°), Front Support/Turtle Shell Hold (5 sec)
- **Beam (high beams)** – Front Support Mount, Straight Jump, Scale (3 sec hold), Pivot Turn, Forward Kicks x2, Releve Walks, Tuck Jump Dismount
- **Floor** – Chasse, Pivot Turn, Candlestick, Split Jump,  $\frac{3}{4}$  Handstand



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# Class Descriptions



## Recreational Classes Continued:

**Boys Rec:** This class is geared towards boys who want to learn tumbling skills and strength, as well as gain knowledge of some of the skills specific to their side of the sport. This class will also teach kids how to flip, tumble and fall safely. This 1 hr. class is for boys age 6+ yr. olds.

**Teen Rec:** This class is for older kids who are interested in gymnastics and will follow the progression in skills from the Beginner Novice through Novice 2 classes based on the individual gymnast. This 1 hr. class is for 13+ yr. olds.

### Focus Skills:

- **Vault** - Run, back arm circle jump to board, straight jump to 16" mat (arms by ears; 2 sec hold), Forward Roll down wedge, Straight jump from board to 8" mat
- **Bars** - Pullover (no spot), Back Hip Circle (little spot), Cast Off (to hollow), Cast (30-45°), Front Support/Turtle Shell Hold (5 sec)
- **Beam (high beams)** - Front Support Mount, Straight Jump, Scale (3 sec hold), Pivot Turn, Forward Kicks x2, Releve Walks, Tuck Jump Dismount
- **Floor** - Chasse, Pivot Turn, Candlestick, Split Jump,  $\frac{3}{4}$  Handstand



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