

## WHICH CLASS IS RIGHT FOR YOUR CHILD?



**Parent/Tot:** 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:** Weekly themes will keep 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! This class gets Meet Your Coach, Class Skills, and Class Expectations that are sent out to parents in preparation of the first day of class.

**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 and gets Meet Your Coach, Class Skills, and Class Expectations that are sent out to parents in preparation of the first day of class.

**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 class gets Meet Your Coach, Class Skills, and Class Expectations that are sent out to parents in preparation of the first day of class.

**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 class gets Meet Your Coach, Class Skills, and Class Expectations that are sent out to parents in preparation of the first day of class.

**Intermediate 1:** Gymnasts who are either referred by a coach or show progression from our Novice 2 class will advance to this class. Here we will continue practice our skills on the floor, bars, beam and vault.

**Intermediate 2:** This 1.5 hr. class is for kids who progress in skills from the Intermediate 1 class and are ready to move into Level 2 or 3. Here we will continue to practice our skills on the floor, bars, beam and vault.