

SUMMER 2023 Class Schedule



Tiny Tots Program

Our Tiny Tots program (for both boys & girls) offers a variety of classes for our youngest boys & girls. For most children, this is their first introduction to structured physical activity. Each class works to raise the children's self-esteem, while at the same time fostering an early love for physical fitness!

Pip-Squeaks & Spit Fires 45-min. classes designed for you & your child. Guided by an instructor, your child will further develop fine & gross motor skills as they run, crawl, and climb their way through our age appropriate gymnastic circuits. Children will begin to learn the importance of following directions & taking turns. Each class includes at least 10 min. of free exploration time with mom or dad! *Parent participation required;*

Pip Squeaks: ages 18mo-2.5 yrs Spit Fire: 2.5yrs-3.5yrs

Pee Wees A 45 min. class independent of mom or dad. After a fun group warm-up activity, children are lead through a series of obstacle courses that improve strength, flexibility, & overall coordination. *Ages 3.5-5yrs.*

Peanuts A more challenging, 45 min. class, designed for 5 & 6 year olds. Children will begin to learn basic gymnastic skills on all events including the tumble track. Here, children are prepared to enter our School-Age Program.

School-Age Program

Our School-Age Program offers a great way for all gymnasts, beginner or advanced, to improve on their gymnastic skills! It is our goal to keep classes as fun & challenging as possible!

Beginner Recreational A 60 minute class where girls will have the opportunity to practice on all four competitive events (vault, bars, beam, floor) as well as the tumble track. Girls are grouped based on age/experience. *Ages 6+*

Intermediate Rec A stepping stone between our Beginner & Advanced classes. This class is 75 min, by invitation.

Advanced Rec Participation in this class is by invitation only. Gymnasts must have mastered a back bend kickover on floor and a pullover back hip circle on bars. Classes are 90 min.

Back Handspring Clinics Countless drills & expert instruction to help master that back handspring. Great for cheerleaders, gymnasts, & dancers! 45 min

DATES TO KNOW:
Prestige will be closed for vacation 6/25-7/9
Summer Schedule runs 7/10-8/25

	MON	TUES	WED	THURS	Monthly Tuition
Pip Squeak & Spit Fire	11am				\$105
Pee Wee	345pm	345pm	545pm	345pm	\$105
Peanut	445pm		445pm	6pm	\$105
Girls Rec	545pm	445pm	645pm	445pm	\$119
Int Rec	7pm	545pm			\$133
ADV Girls Rec		7pm			\$147
Back Handspring Clinics!			745pm (ages 10-14)	715pm (ages 6-9)	\$105

Prestige Fitness & Gymnastics