

CLASS DESCRIPTIONS

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 30-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 15 min. of free exploration time with mom or dad! Parent participation required;

Pip Squeaks: ages 18 mo. - 2.5 yrs. **Spit Fires:** ages 2.5-3.5 yrs.

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!

Girls Beginner Rec 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 6-11

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

Girls 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.

Beginner Tumble A 60 minute class opened to both boys & girls looking to improve their floor skills. Focus will be on rolling, cartwheels, round offs, back bends, kickovers, & the introduction of back handspring drills! Ages 6-11

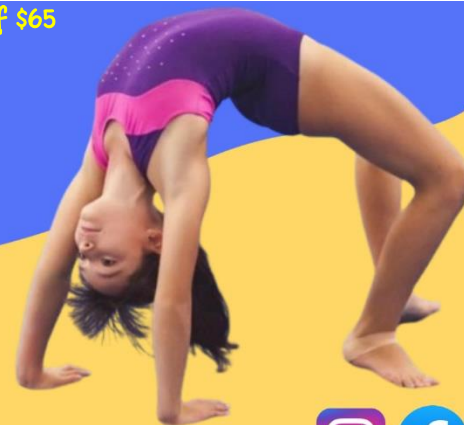
Bars Only Class Looking to advance within the program? Spend time working on the strength & skills you need to move to the next level! Bars, bars, & more bars! 30 min. Ages 6+

RECREATIONAL CLASS SCHEDULE



	MON	TUES	WED	THURS	FRI	SAT	Monthly Tuition
Pip Squeak	9:00	9:00		9:00		9:00	\$87
Spit Fires	9:00	9:00		9:00		9:45	\$87
Pee Wee	9:45 3:45	10:00	5:45	10:00 3:45		10:30	\$121
Peanut	4:45		4:45	6:00		11:30	\$121
Beginner Girls Rec	5:45	4:45	6:45	4:45	6:00	11:30	\$136
INT Girls Rec	7:00	5:45				9:30	\$157
ADV Girls Rec		7:00					\$166
Bars Only	6:45			5:45			\$83
Beginner Tumble						1:00	\$136

*Annual Family Registration fee of \$65



PRESTIGE GYMNASTICS

