

Flip N Cheer

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Tumble Bugs (2-3 year olds)

This is a parent child class that incorporates a child's natural love for movement and exploration. This is a fun filled recreational class that introduces the elements of gymnastics utilizing basic gymnastic equipment. Coordination and body awareness become evident as skills are developed. **Cost \$42**

Little Leapers (3-4 year olds)

This is the beginning of an independent gymnastic learning experience. Children will be introduced to backbends, handstands and rolls. The emphasis is on having fun while gaining preliminary gymnastic skills.

Prerequisite: The child should be independent and have good listening skills. **Cost \$55**

Flipping Frogs (4-6 year olds)

This class will expose the fundamental elements of tumbling and gymnastics. Progression skills are taught to provide a safe experience while learning rolls, cartwheels, backbends and handstands. Preliminary work on bars, beam and vault will also be taught. **Cost \$60**

Cartwheel Club I (6-10 year olds)

In this beginner level class, your child will learn fundamental gymnastic skills in a fun filled environment. Introduction to balance beam, bars and vault will help build confidence and skill in your child. (Beam, Bars, Vault and Floor) **Cost \$60**

Cartwheel Club II (6- 10 year olds)

This is an intermediate level class. Children will concentrate on perfecting elementary gymnastic skills. Round offs, walkovers and handsprings will be practiced. Students will progress according to skill level and motivation. (Beam, Bars, Vault and Floor)

Prerequisite: The child must have a kick over on the wedge mat, cartwheel and handstand. **Cost \$65**

Handstand Giants (Boys 6+)

This class was created specifically for boys. Conditioning to gain strength and flexibility is a major focus. All gymnastic skills are taught according to age and skill level. This unique program offers local boys a great recreational sport devised to build not only strength but character. **Cost \$60**

10 and up

This class is designed for beginner to intermediate gymnasts from 9-14 years old. We welcome the child who has never taken a class before. We will concentrate on rolls, handstands, cartwheels and backbends. This class will also help prepare the more experienced gymnast for an advanced class. (Beam, Bars, Vault and Floor) **Cost \$60**

Advanced Recreational (5 and up)

This class is designed for the student who has accomplished learning all the basic skills from the previous level. The focus of this class is to challenge students to perfect their abilities. (Beam, Bars, Vault and Floor)

Prerequisite: The student must have a running round off and a back walkover. **Cost \$75**

Back Handspring or Bust

This class is for those who want to learn their back handspring or perfect their back handspring. Emphasis will be placed on strength and technique.

Perquisite: The Student must have a strong backbend, round off and handstand. **Cost \$60**

Tumble Twisters (10 and up)

This class is strictly tumbling. Handsprings, tucks, layouts and twists will be practiced. Skills will be taught in progression. (Floor Only)

Prerequisite: The student must have a running round off and standing backbend. **Cost \$60**

Developmental Cheer

This class is an introduction to basic cheerleading. Jumps, building and tumbling skills will be taught. **Cost \$60**