

Gymnastics Inc

2021-2022 Schedule

Mom, Dad & Me

17 Months- 3 years old

Tuesday 11:45-12:20

Preschool

3-5 years old (not yet in kindergarten)

Tuesday 12:30 - 1:20

Tuesday 6:00 - 6:50

Thursday 6:00 - 6:50

Saturday 10:00-10:50

Rollers

Designed for a beginner gymnast

Tuesday 4:00 - 4:50

Thursday 5:00 - 5:50

Saturday 11:00-11:50

Kippers

Advanced beginner; successfully completed Rollers.

Tuesday 5:00 - 5:50

Friday 4:00 - 4:50

Flippers/Twisters

Designed for an intermediate/Advance gymnast who successfully completed Kippers.

Wednesday 5:30- 6:50

Beginning/ Intermediate Tumbling

Thursday 7:00-7:50

Builds off basic tumbling skills with a focus on combination passes, back handsprings and saltos.

Intermediate/Advance Tumbling

Thursday 7:00-7:50

Development into more advance saltos ie layouts, twisting and more.