



Mommy & Me

Come with your baby and enjoy a safe, relaxed, and fun 30-minute class created for children under 2 years of age. Explore the gym and meet other parents with their babies while fostering crawling, walking, climbing on easy obstacle courses, bouncing on a tumble track, jumping into a foam pit and playing with soft colorful equipment. Instructors will guide you throughout the class, show you ways to spot your baby on forward rolls, and participate in a group activity at the end of the class with fun music and a bible story.

2-year-old Class

In this 45-minute class, kids will gain coordination, strength, balance and confidence experiencing the class independently from parents. Instructors offer a structured class with basic gymnastics positions and engage children by rotating events with each class. We will encourage group activities with music and games to foster teamwork. A bible story and devotion will be provided in the last 5 minutes of each class.

3/4-year-old Class

In this 50-minute class, children's strength, coordination, and balance will be expanded by learning basic gymnastics skills. Most of the skills have been deconstructed in order to create muscle memory, and master the specific level and age appropriate drills. Classes have been structured in progression, and in each class kids will focus on 2-3 skills at a time. Kids will be separated into two groups for better focus and repetition opportunities. The class will include a group activity structured games, song, and a bible story will be shared at the end of the session.

5/6-year-old Class

In this hour-long class, kids learn awareness through repetition on targeted drills from skill deconstruction in order to get correct body shape. Instructors will be hands on spotting for complete skills and correct body shape during drills. At the end of each month, kids get evaluated for skills mastered in order to progress to new skills. Instructors praise willing attitude throughout the class and will reward children alternating free time or structured play time at the end of each class, closing up with 5-minute devotion time.

Basic Tumbling Class

This hour-long class is targeted for 7-years-old and up whether for beginners or more seasoned students. This is a fast paced class and children are divided into levels. There is some skill deconstruction for beginners, but repetition and correction of skills for intermediate gymnasts. A list of skills should be mastered in order to be moved up to advanced levels. Classes are set in progression and at the end of each month there will be evaluations. Extra time after instruction will be targeted for conditioning, flexibility, structured play time and/or free time. The last 5 minutes of class are dedicated to devotion.

Advanced Class

This hour-long class is formed by students that dedicate the extra time of skill and drills repetition on their own time. They master basic tumbling skills and work with targeted advanced skills. New skills are introduced in deconstructed form, but put together and spotted by instructors until it is safe to be performed on their own. Confidence, courage, determination, and hard work are needed in this class to keep on advancing. Extra time will be given for targeted conditioning and flexibility and rewarded with free time for extra practice or play time. Each class will end with devotion time.