

Gymnastics & Dance: Movement Classes

Parent-Assisted Classes *walking to 3 years*

These classes offer an introduction to gymnastic learning basic motor skills, body awareness, balance & coordination.

Session 1: [Wednesdays: 4:00 - 4:45 pm \(ID 34701\)](#)

Session 2: [Wednesdays: 4:00 - 4:45 pm \(ID 34704\)](#)

MEM: \$33 PRO:\$48



Preschool Gymnastics *ages 4-5:*

Session 1: [Wednesdays: 4:00 - 4:45 pm \(ID 34702\)](#)

Session 2: [Wednesdays: 4:00 - 4:45 pm \(ID 34705\)](#)

MEM: \$33 PRO:\$48



Progressive Classes *ages 5+*

These classes are designed to improve strength, coordination & self-motivation, while gaining & progressing with gymnastic skills.

Beginner: No previous experience.

Session 1: [Mondays: 4:00 pm - 5:00 pm \(ID 34706\)](#)

Session 2: [Mondays: 4:00 pm - 5:00 pm \(ID 34713\)](#)

MEM: \$35 PRO:\$55



Novice: Previous experience.

Session 1: [Mondays: 5:00 - 6:00 pm \(ID 34707\)](#)

Session 2: [Mondays: 5:00 - 6:00 pm \(ID 34714\)](#)

Session 1: [Wednesdays: 6:00 - 7:00 pm \(ID 34710\)](#)

Session 2: [Wednesdays: 6:00 - 7:00 pm \(ID 34717\)](#)

MEM: \$35 PRO:\$55

Intermediate (ages 7+): Must be able to do cartwheels, handstands, and pullovers on bars.

Session 1: [Wednesdays: 5:00 - 6:00 pm \(ID 34709\)](#)

Session 2: [Wednesdays: 5:00 - 6:00 pm \(ID 34716\)](#)

MEM: \$35 PRO:\$55



Session Dates

Mondays

Session 1: June 7 – 28

Session 2: July 5 – July 26

Wednesdays

Session 1: June 2 – 23

Session 2: July 7 – July 28

Invitation-Only Classes



Hot Shots *ages 4-6:* Designed to challenge the more advanced ages 4 to 6. Must be pre-approved by coach.

Session 1: [Wed: 5:00 - 6:00 pm \(ID 34708\)](#)

Session 2: [Wed: 5:00 - 6:00 pm \(ID 34715\)](#)

MEM \$35 PRO \$55

Advanced/Team *ages 7-12:* By invitation only.

Session 1: [Wed: 6:00 - 7:00 pm \(ID 34712\)](#)

Session 2: [Wed: 6:00 - 7:00 pm \(ID 34718\)](#)

MEM \$50 PRO \$65



Register online by clicking the blue links above!

