

Class Descriptions

Sprouts

- **Class Length:** 45 minutes
- **Ages:** 6 months – 16 months
- **Parent Participation:** Yes
- **Pre-Requisite:** None

Baby Breath

- **Class Length:** 45 minutes
- **Ages:** 1 - 2 years old
- **Parent Participation:** Yes
- **Pre-Requisite:** None

Rose Bud

- **Class Length:** 45 minutes
- **Ages:** 2 – 3 years old
- **Parent Participation:** Yes
- **Pre-Requisite:** None

Sweet Pea

- **Class Length:** 45 minutes
- **Ages:** 3 – 6 years old
- **Parent Participation:** No
- **Pre-Requisite:** Child must be potty trained. No pull-ups.

Pre-Tumble (Girls and Boys)

- **Class Length:** 45 minutes
- **Ages:** 5 – 6 years old
- **Parent Participation:** No

Girls/Boys Hour

- **Class Length:** 1 Hour
- **Ages:** 6 years old & up
- **Pre-Requisite:** None

Girls Intermediate/Advanced

- **Class Length:** 1.5 Hours
- **Ages:** 7 years old & up (See schedule for available days and times)
- **Pre-Requisite:** Coach recommendation or approval. Requires knowledge of basic gymnastics skills including: Cartwheel, Handstand, round-off, bridge, and bridge kick-over. Bars: Pullover, Casts, back hip circle

Girls Developmental Program

Excelled

- **Class Length:** 1 Hour
- **Pre-Requisite:** Invite only

Hot Shots

- **Class Length:** 1.5 Hours
- **Pre-Requisite:** Invite only

Red Hots

- **Class Length:** 1.5 Hours
- **Pre-Requisite:** Invite only

Tumbling

- **Class Length:** 1 Hour
- **Ages:** 6 & up (see schedule for availability)
- **Pre-Requisite:** Handstand, cartwheel, bridge.

Parkour: Learn the sport of traversing environmental obstacles by Running, climbing, or leaping rapidly and efficiently!

- **Class Length:** 1 Hour
- **Ages:** 7 & up (see schedule for availability)

Girls Competition Team Level 2-10

Team available by Invite Only. Please Contact Us for More Info!