



GYMNASTICS Compare Programs

	Description	Ages	Length	Class Size
Gymnastics Classes				
Me & My Shadow	This class encourages tandem exploration with Mom, Dad, or other adult. These young explorers delight while climbing, crawling, sliding, jumping, rolling, & bouncing their way through a 45 minute class of muscle building fun! Classes begin with a short musical warm up, 2 big obstacle courses with instruction for the adult, starting off with a short song.	18 months-3 years	45 Minutes	1 teacher to 6 children
Preschool	Preschool gymnastics is a movement education curriculum designed to introduce basic body positions, movements, and terms to help with spatial awareness. During every weekly 45 minute class the student works on tumbling, strength, hand/eye and foot/eye coordination, balance, flexibility, and social interaction.	4 years-5 years	45 minutes	1 teacher to 6 children
Trampoline	The students will learn basic tumbling skills from rolls, handstands, cartwheels, round-offs, to walkovers and handsprings, strength and conditioning, flexibility, and coordination drills are included in the class as it plays a very important role in the athletes ability to perform skills on the trampoline.	5 years and up	60 minutes	1 teacher to 8 children
Boys	This class meets once a week. It starts off with a 15 minute warm up working on core strength, flexibility, and the position or skill of the week. The students will work out on 5 events each week.	5 years and up	60 minutes or 90 minutes	1 teachers to 8 children
Level 1/2	This is a 60 minute class which meets once per week. The class starts off with a 15 minute aerobic warm-up working on core strength, flexibility, and the position or skill of the week. The student will work out on 3 of the 5 events per day. The girls work on the basic gymnastics skills such as cartwheels, handstands, turns on the beam, somersaults, and much more.	5 and up	60 minutes	1 teacher to 8 children

Level 2/3	This is a 90 minute class which meets once per week, with a 8:1 student/teacher ratio. The class starts off with a 15 minute aerobic warm-up working on core strength, flexibility, and the position or skill of the week. The students will work out on 5 events each week. The students will work on cartwheels, handstands, dive rolls, and many more.	7 and up	90 minutes	1 teacher to 8 children
Level 4	This is a 90 minute class which meets once per week, with a 8:1 student/teacher ratio. The class starts off with a 15 minute aerobic warm-up working on core strength, flexibility, and the position or skill of the week. The students will work out on 5 events each week. The students will work on cartwheels, handstands, leaps and turns on floor and beam, circling and swinging skills on bars, and dice rills and handsprings over mats for vaulting.	7 and up	90 minutes	1 teacher to 8 children

Kung Fu

Lil Dragons	These classes focus on helping develop general body coordination, listing and learning skills. They will also find enjoyment in learning to work hard and reaching goals.	4 years-7 years	30 minutes	1 teacher to 5 children
Beginner	These are entry-level classes for children and adults. As complete beginner programs, they lay the foundation of punches, kicks, blocks, and stances for all the Kung Fu practice that comes later.	8 years-12 years	45 minutes	1 teacher to 5 children
Intermediate & Advances	These classes are designed to bring students into the core level of Kung Fu training. Students begin developing mastery over the basis and continue learning animal and element hand forms, weapon forms, practicing realistic self-defense, and sparring. Students may pass through their 5 levels of training and can earn their Black Sash at the end of the program.	8 years-12 years	45 minutes	1 teacher to 5 children
Grappling & Sparring	throwing and wrestling, and the competition sparring. In this class, students learn how to safely fall, throw an opponent, and apply and escape joint locks and submissions, as well as learning strategy, rules, and technique for sparring in open. Training ranges from light contact point sparring to full contact fighting competition. This is a great class for people who love to grapple, fight, and compete.	8 years- 18 years	45 minutes	1 teacher to 5 children

Weapons	Weapons training helps develop eye-hand coordination, discipline, and specialized muscle groups. Traditional Chinese material arts have a long history of training various standard and eclectic weapons such as the Staff, Broadsword, Straight Sword, Spear or Hook Swords, Iron Fan, Whip Chain, Daggers, and even the Flute.	Fire Sash and up	30 minutes	1 teacher to 5 children
Family Class	This class is offered to parents who have a student enrolled in Kung Fu. The child can take this class with the parent. They learn forms, weapon forms, self-defense, kicking, punching and blocking techniques and much more.	4 and up	45 minutes	1 teacher to 5 children
Adult		18 and up	90 minutes	1 teacher to 5 children
Dance				
Preschool Dance	Beginner dance for preschoolers.	2.5 years-4 years	30 minutes	1 teacher to 6 children
Kinderdance	20 minutes ballet, 20 minutes tap. Great for boys and girls ages 4-6. Great for dancers who did preschool ballet in the past or new dancers.	4 years-6 years	45 minutes	1 teacher to 6 children
Jazz/Ballet	30 minutes of beginner ballet, 30 minutes of tap (or jazz in ballet/jazz). Before for dancers age 5-7. No previous experience required, but also appropriate for dancers who completed kinderdance the year before.	5 years-7 years	60 minutes	1 teacher to 10 children
Tap/Ballet	30 minutes of beginner ballet, 30 minutes of tap (or jazz in ballet/jazz). Before for dancers age 5-7. No previous experience required, but also appropriate for dancers who completed kinderdance the year before.	5 years-7 years	60 minutes	1 teacher to 10 children
Arco	The arco tumbling class is specifically designed to meet the needs of dancers looking to improve their acrobatic skills. It provides space for students to achieve their individual goals through guided skill progressions and increasing overall strength and flexibility. The class helps students become comfortable weight-bearing on their hands and moving backwards through space, which provides a strong foundation for learning acrobatic skills. Time is spent both on the hard dance studio floor and in our large matted gym providing students with a safe environment to increase their understanding, strength, and confidence before transferring their skills onto the studio floor.	6 years-10 years	45 minutes	1 teacher to 10 children
Hip Hop	60 minutes of beginner hip hop.	6 years and up	60 minutes	1 teacher to 10 children

	Description	Ages	Time	Swimming Included
Summer Programs				
Mini Camp	This camp is designed with the younger children in mind. Mini Camp includes instructed gymnastics, swim lessons, daily craft, and outdoor activities.	3.5 years-6 years	Half or Full Day	Yes (lessons)
Gymnastics Camp	Get quality gymnastics training in the context of a fun summer camp! Gymnastics camp also includes craft, open swim, outdoor activities, cooperative group challenges, weekly contests, and inflatable bouncing.	6 and up	8:30-4:30	Yes
Kids Club Camp	The Kids Club offers educational fun all summer long. We have themes to suit each child's interest. Kids Club camp includes open gym, open swim, outdoor and theme related activities.	5 and 1/2-up	8:30-4:30	Yes
Dance Camp	The day includes crafts, swimming, and open gym as well as quality instruction in tap, ballet, acro, and hip hop.	see website	see dates and times	Yes