

Beginning Gym Jr. Class Descriptions:

In these classes, students will be building muscle, balance skills, and coordination through jumping, climbing, manipulative skills, and circuits. Repetition and routine is KEY! Parents are there to help guide and teach their children.

Pre-K: This is our youngest independent class (no parents). Students will learn basic fine motor and gymnastics progressions in creative fun circuits.

BGJ: This class is slightly more skill oriented. They still do gymnastics circuits, but the skills are more advanced and help prepare the student for "big kid" gymnastics.

AGJ: By invitation only. This class is for the students who have been evaluated by their BGJ coach and have the listening, work ethic, and skills to be in a class that is focused on the Gymnastics Level 1 skills.

Pre-Rec: This class is a transitional class for the in between Gym Junior and not quite ready for our older recreational classes. Skills are still the Level 1 gymnastics skills, but the class is very age specific.

Gymnastics Class Descriptions:

Girls Level 1: This class is designed for the beginner girl gymnast. Our goal is to teach the proper drills and skills towards accomplishing specific goals. This program places great emphasis on skill progressions and fun.

- *Level 1A-* This class is for those students who are new to Gymnastics. If you have never done gymnastics, this class is for you!
- *Level 1B-* This class is for students who have been in beginning gymnastics before, but have not yet progressed to Level 2.

Girls Level 2: These classes are specifically designed for the recreational student who is ready for more of a challenge. These classes are for returning students or gymnasts with prior gymnastics experience & have attained a certain level of skill development.

Girls Level 3: These classes are specifically for the students who have completed Girls Level 2.

Boys level 1 This class is designed for the beginner boy gymnast. Our goal is to teach the proper drills and skills towards accomplishing specific goals. This program places great emphasis on skill progressions and fun.

Boys level 2 These classes are specifically designed for the recreational student who is ready for more of a challenge. These classes are for returning students or gymnasts with prior gymnastics experience & have attained a certain level of skill development.

Urban Gymnastics: This is the perfect outlet for those kids/teenagers who are bouncing off the walls, jumping off the couch or even off the roof! It helps those who are curious about the limitations of their bodies and will help them strive to move more creatively. But of course, with our safety certified instructors and our nice soft mats and crash pads.

Tumbling Class Descriptions

Level 1A:

- Level 1A is our introduction to tumbling. Students will learn the basics of forward rolls, backbends, and cartwheels.

Level 1B:

- Students in 1B start to perfect tumbling basics, as well as begin learning combination moves such as cartwheel back walkovers.

Level 1C:

- Level 1C introduces the back handspring skill on the trampoline and prepares the students for the more difficult moves to be seen in the following levels.

Level 2A:

- Here the students will begin learning running tumbling like round-off back handsprings as well as performing more advanced versions of the more basic skills.

Level 2B:

- Level 2B students begin learning more advanced running tumbling like aerials and multiple back handsprings, as well as back tucks on the trampoline.

Level 3:

- Level 3 is our most advanced tumbling classes with most moves being able to be done without a spot. Here they will begin learning longer tumbling passes as well as twists. They will be working on front tumbling as well as back tumbling.