



## Class Descriptions

### Open Gym

No Prerequisites  
All skills & levels welcome

### Conditioning

No Prerequisites  
Designed to increase athlete's strength and flexibility.  
Works on strength circuits with weight, hip flexibility and core strength.

### Flyer Class

Ages 8+  
Flyers will be in the air, flying on a designated group.  
Main Goal:  
•Twist skills, release skills, invert skills  
•This is not a flexibility class and flyers must be in the program to attend these classes.

### Ninja

No Prerequisites  
Ages 5-10  
Combines gymnastics, martial arts, obstacle training and freestyle movement. Helps work on listening skills and gaining confidence

### Tiny Tumble

No Prerequisites  
Ages 3-6 years old  
Main Goal:  
•Forward and backward roll, handstand, cartwheel and round off  
•Develop listening and independence in the gym.  
•Proper core strength for that age group.

### Mini Tumble

No Prerequisites  
Ages 6-8 years old  
Main Goal:  
•Forward and backward roll, handstand, cartwheel and round off  
•Bridges, backbends, back bend kick over and back walkovers  
•Develop listening and independence in the gym.  
•Proper core strength for that age group.

### Level 1/Beginner

No Prerequisites  
Ages 6+  
Main Goal  
•Front walkover, back walkover, cartwheel, round off  
•All Specialty Level 1 skills  
•Extreme emphasis on core as well as shoulder flexibility!

### Level 2

Prerequisites  
All Level 1 Skills or Written approval from coach  
Main Goal:  
•Obtaining and perfecting standing back handspring and round off back handspring  
•Extreme emphasis on core as well as shoulder flexibility.

### Level 3

Prerequisites  
3 standing back handsprings AND a round off back handspring  
Main Goal:  
•Round off BHS tuck, punch front, aerials  
•Tuck shaping front and back  
•Level appropriate specialty passes

### Level 4-6

Prerequisites  
Specialty through to tuck, arial AND punch front or sign off from a coach  
Main Goal:  
•Mastering a standing tuck  
•Beginning shaping of a layout and mastering the shaping of a layout  
•Standing BHS tuck  
•Strategically finding "their" specialty pass  
•Introduce next level skills  
•Up the intensity of Running Tumbling