



Ask about our  
FREE Trial Class!



**Small Class Sizes: 6:1**

Semi-Private and Private Lessons also available

## ALWAYS ENROLLING!

### Rollie Pollie (18–36 months)

30 minute parent involvement class ♥ \$45/month

- ♥ Children are encouraged to explore various developmentally appropriate and safe stations with the parent
- ♥ Improves child's body awareness, muscle coordination, basic growth motor skills, hand-eye coordination, and listening and social skills
- ♥ Instills self confidence, self-esteem, courage, safety, and comfort

### Honey Bee (3 year olds):

40 minute class ♥ \$58/month

- ♥ Creative movement education class
- ♥ Children learn gymnastics gross motor skills such as rolling, jumping, climbing, balance, flexibility, and coordination
- ♥ Class teaches social skills such as following directions, forming a line, working in groups, sharing equipment and space, and recognizing colors, shapes, and numbers

### Tumble Bee (4 & 5 yr olds):

50 minute class ♥ \$62/month

- ♥ Basic gymnastics class that continues to build gross motor skills on the balance beam, floor, vault, and bars
- ♥ Students develop coordination, strength, flexibility, and balance
- ♥ Class builds confidence and independence while teaching how to take turns, work independently, and problem solve
- ♥ Students continue to learn how to recognize shapes, colors, numbers, and the letters of the alphabet

### Yellow Jacket (6 to 8 yr olds):

50 minute class ♥ \$62/month

- ♥ Basic gymnastics class that builds great foundation skills on the balance beam, floor, vault, and bars
- ♥ Students maintain and improve coordination, strength, flexibility, and balance
- ♥ Class builds confidence and independence while transitioning to more difficult versions of skills

### Sports Prep Classes:

Students become better athletes and improve physical fitness by developing hand-eye coordination, agility, balance, endurance, strength, and flexibility while learning sportsmanship and teamwork.

**Girl Power Jr. (Girls only)**

**Girl Power (Girls only)**

**Rough & Tumble Jr. (Boys only)**

**Rough & Tumble (Boys only)**

Ages 3-4 years ♥ 40 minute class ♥ \$58/month

Ages 5-8 years ♥ 50 minute class ♥ \$62/month

### Cheerleading Classes:

"HERE WE GO, HERE WE GO! LET'S HAVE FUN!" Class teaches students arm movements, coordination, cheers, chants, dances, jumps, simple stunts, and pyramids through fun, creative yet easy to learn routines

5-8 year olds ♥ 50 minute class ♥ \$62/month

### Tumbling for Cheerleaders:

These age appropriate classes are designed to teach the tumbling elements of cheerleading, such as walkovers, cartwheels, round-offs, handsprings, tucks, and much, much more. Students also develop flexibility, coordination, muscle strength, muscle control, and balance.

5-8 year olds ♥ 9-12 year olds ♥ 13-18 year olds

All 50 minute classes ♥ \$62/month