

2024-2025 Rec Session Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fledgling (3 Year Olds)			5:00			9:00
Early Bird (4 Year Olds)	6:00	5:00		5:00 / 6:00		9:00
Pink (5 Year Olds-Girls Only)	5:00	6:00	5:00 / 6:00	5:00		9:00
Boys (Boys Only - Ages 5 and up)		5:00		6:00		
Light Green (Beginner - Girls Ages 6-8.5)	5:00 / 6:00	5:00 / 6:00	5:00 / 6:00	5:00 / 6:00		10:00 / 11:00
Dark Green (Beginner - Girls Ages 8.5-15)	5:00 / 6:00	5:00 / 6:00	5:00 / 6:00	5:00 / 6:00		10:00 / 11:00
Intermediate Red (Girls Only - By Invitation)	5:00 / 6:00	6:00	6:00	5:00 / 6:00		10:00
Advanced Blue (Girls Only - By Invitation)			7:00	7:00		

Fledgling & Early Bird-These 45 minute co-ed classes for preschoolers are designed to keep children engaged in fun gymnastics drills and skills. They learn socialization skills, fine motor development, balance & coordination, strength & flexibility, listening skills and overall just have fun! Children participate on bars, beam, and tumble track, and learn basic tumbling skills such as forward and backward rolls, along

Pink-1 hour class for girls. Focuses on the fundamentals of gymnastics and the strength and flexibility required to perform these skills safely. Students are developing a solid understanding of skills and learning basic movements and gaining confidence to perform these skills. This also includes working on social and listening skills, following directions for multiple stations per event, etc. Skills to be developed in this

Boys-1 hour class for boys. The focus is on the fundamentals of gymnastics.. Boys are developing a solid understanding of skills and learning basic movements and the strength and flexibility required to perform skills. Skills to be developed in this class include cartwheels and hand-stands on the floor, pullovers and casts on bars, proper springboard entry on vault and basic vaulting skills. Boys will also participate on tumble track and trampoline to further develop jumps and tumbling.

Light & Dark Green-1 hour beginner class for girls, ages 6-15, divided into two age groups when class size allows. This class focuses on the fundamentals of gymnastics and the strength and flexibility required to perform these skills safely. Students are developing a solid understanding of skills and learning basic movements and gaining confidence to perform these skills. This also includes working on social and listening skills, following directions for multiple stations per event, etc. Skills to be developed in this class include skills on bars, beam, floor and vault. Students also do conditioning and strength training.

Red-1 hour class for girls. This class continues to develop gymnastics skills, building on basic skills learned at the lower level. As the skills increase in level of difficulty, students will be given specific drills and strength/flexibility exercises to safely prepare them to perform these skills with confidence. Student are invited to Red after testing out of Light or Dark Green.

Advanced Blue- 1 hour advanced class for girls. This class continues to develop gymnastics skills, building on basic skills learned at the intermediate level. As the skills increase in level of difficulty, students will be given specific drills and strength/flexibility exercises to safely prepare them to perform these skills with confidence. Student are invited to Advanced Blue after testing out of Red.