

Preschool Gymnastics

Girls & Boys Ages: 1 - 5

Bouncing Babies

1 year olds

No experience required. Give your child what they crave: undivided attention while they expend energy in a safe and organized environment. Children will learn the basic terminology and positions through gymnastics activities. *At least 1 parent must be present to participate.*

Diaper Daredevils

2 year olds

No experience required. Give your child what they crave: undivided attention while they expend energy in a safe and organized environment. Children will learn the basic terminology and positions through gymnastics activities. This class is a 30 minute transition class between parent participation and 50 minute self-directed class.

Mighty Munchkins

3 year olds

No experience required. In this class, children will learn the basic gymnastics and social skills. We focus on fine and gross motor skills as well as emphasize sharing, taking turns, and following directions. This is the first level that the little ones will attend by themselves.

Terrific Tumblers

4 - 5 year olds

No experience required. This class is designed with a greater focus on the basic gymnastics skills and terms. Children will explore the four gymnastics events: vault, bars, beam, and floor as well as learn correct form and technique. Great opportunity to develop social and motor skills in a safe & fun structured environment!

Fantatstic Flippers

4-5 year olds

Completion of Terrific Tumblers required. This class is designed with a greater focus on the basic gymnastics skills and terms. Children will explore the four gymnastics events: vault, bars, beam, and floor as well as learn correct form and technique. Great opportunity to develop social and motor skills in a safe & fun structured environment!

School Age Gymnastics

Girls Ages: 6 - 14

Introduction To Gymnastics - *No experience required.* This is an introductory class to cover the basic gymnastics terminology, positions, safety, and skills. It is designed for all students, no matter what type of athletic ability, strength, and flexibility to finish in one session.

***Bronze** - Gymnast must be capable of performing step hurdle punch on vault, front support and cast preparation on bars, basic walks and releve on beam, the basic floor positions of tuck/pike/straddle, bridge and fwd roll.

***Silver** - Gymnast must be capable of performing run step hurdle punch on vault, fwd roll/cast/pullover with a light spot on bars, releve hold/straight jump on beam, and wall handstand/cartwheel on floor.

***Gold** - Gymnast must be capable of performing a flatback on mat/run step hurdle punch on vault, pullover/back hip circle with light spot/leg cut on bars, front support mount and lever on beam, and handstand/bwd roll/round off on the floor.

***Platinum** - Gymnast must be capable of a handstand flat back on mat stack on vault, back hip circle/stride circle with light spot/glide swing with good form on bars, handstand/cartwheel side handstand on beam, and handstand bridge kickover/backhandspring with light spot on floor.

Aerial Silks

Girls Ages: 6 - Adult

No Experience Required. In this class students will learn the basic fundamentals of technique and vocabulary for aerial silks both on and off the ground. Aerial is a great way to improve strength, stamina and flexibility. It also helps to build better body awareness and control.

School Age Tumbling

Girls & Boys Ages: 6 - 14

Beginner Tumbling

No experience required. This is an introductory class to cover the basic tumbling & trampoline terminology, positions, safety, and skills. Students will work on forward and backward rolls, handstands, cartwheels and bridges on floor.

*Novice Tumbling

Tumbler must have mastered a forward roll, handstand, and cartwheel. In this class students will work on cartwheels, round offs, bridge kickovers, front limbers, handstand skills, and dive rolls.

*Intermediate Tumbling

Tumbler must have mastered a round off, bridge kickover, and a front limber. In this class students will work on backwalkovers, front walkovers, round offs, back handsprings, front handsprings, and front tucks.

*Advanced Tumbling

Tumbler must have mastered a standing back handspring and round off backhandspring on the floor. In this class students will work forward and backward tumbling series and flips.

Ninja Training

Girls & Boys Ages: 5 - 14

No Experience Required. Classes are designed by age and based on "that famous TV show" featuring a warped wall, ropes, high elements, low elements, trampolines, and much more to build strength and coordination in a safe environment for an exciting experience!

***Placement evaluation required for new students.**

Check out our website www.SpringfieldGymnastics.com for more info or to enroll!

