



Rebounders *Flipping Futures in the right direction*
Gymnastics *and Dance*



Recreational Gymnastics

Cheerleading & Dance 5 to 17 years



Recreational Girls & Boys Gymnastics Classes

Our Recreational gymnastics program for girls and boys focuses on the *development of gymnastics skills, strength and flexibility*. Students will use all Olympic events: Floor, Bars, Vault, Beam, Rings, Pommel Horse, and Trampoline. Classes are structured for skills progression and are designed to develop, refine, and build new skills as students progress from *beginner to advanced* levels. Students will be evaluated the first day of classes and grouped according to skill level. Class levels may be combined due to enrollment. We offer the following Recreational classes:

Junior Girls / Boys Gymnastics - 5 to 7 years - 55 minutes

Junior Classes may be combined to Coed pending on enrollment.

Girls Gymnastics and Boys Gymnastics - 7 to 10 years - 55 minutes

Intermediate/Adv. Girls and Boys Gymnastics - 8 to 14 years - 85 minutes

Teen Girls and Boys Gymnastics - 10 to 14 years - 85 minutes

Dance and Dance - Gym Combo Classes

Dance students will explore movement through basic dance technique, movement sequences, and dance terminology. Creative, technical, and choreographic dance experiences will be provided within contemporary dance styles, including hip hop, jazz, modern, musical theater, and music video venues. Students will increase flexibility, strength, coordination, balance and movement memory as they learn fundamentals of dance. We recommend

*Dance-Gym
Combos*

DANCE/GYM COMBO CLASSES

as most contemporary dance styles today integrate many gymnastics moves. We offer Dance/Gym Combo or Dance only classes.

Cheerleader/TUMBLING CLASSES - Ages 6 to 17 years

Cheerleading classes focus on the development of tumbling skills, jumps, strength and flexibility using spring floors, trampolines.

FOR CLASS SCHEDULE AND FEES PLEASE REFER TO WHITE REGISTRATION FORM