



FLIPPING FUTURES IN THE RIGHT DIRECTION
REBOUNDERS
Gymnastics

Recreational Gymnastics

Cheerleading & Dance
5 to 17 years

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. Class levels may be combined due to enrollment. We offer the following Recreational Gymnastics classes:

1 hour PRE-FIRST GYMNASTICS CLASS - Ages 5 to 6 years

Classes will either be Coed, Girls only and or Boys only. If enrollment is sufficient, students will be divided into Boys or Girls only classes.

45 MINUTE PRE-FIRST DANCE CLASS

Dance classes will cover the following styles:

Ballet. Contemporary. Modern. and Jazz



1 3/4 hour GYM/DANCE COMBO CLASS

5 to 6 year old students will enjoy 1 hour of Gymnastics and 45 minutes of Dance

1 hour or 1 1/2 hours Boys / Girls GYMNASTICS CLASSES - Ages 6 to 17 years

1 hour class for ages 6 to 9 years and 1 1/2 hour class for ages 9 to 17 years. All classes will be Girls only or Boys only. All students will be evaluated the first day of classes and grouped according to skill level. Please refer to back for each Levels skill requirements.

2 hr or 2 1/2 hr GYMNASTICS/DANCE OR CHEER/DANCE COMBO CLASS

6 to 17 year old students will enjoy 1 or 1 1/2 hour of Gymnastics or Cheerleading and 1 hour of Dance .

1 hour CHEERLEADING/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



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Recreational Gymnastics class description and skill requirements

Class	Sex	Age	Duration	Description	Skill Requirements
Pre-First	B&G	5-6	60 min.	all levels	Age
Bounders	Girls	6-10	60 min.	Beginner Level	None
Teen Rec	Girls	9-17	60/90 min.	Beg. to Intern.	None
Swingers	Girls	6-11	60 min.	Intermediate Beginner Level	Forward and Backward Roll, Raw Cartwheel
Aerials	Girls	7-12	60 min.	Advanced Be- ginner Level	Swinger Skills with straight leg cartwheel, plus Handstand
Flippers	Girls	7-14	90 min.	Intermediate Level	Aerial skills plus Handstand For- ward Roll, Kick over on incline - Pull over on bars
Kippers	Girls	8-17	90 min.	Advanced	Flipper skills plus Backwalk over and Backhandspring on Trampo- line - Basic bar skills
Twisters	Girls	8-17	90 min.	by Invitation Only	Kipper skills plus Front walk over, Round Off Backhandspring
Gladia- tors I	Boys	6-11	60 min.	Beginner Level	None
Teen Gladia- tors	Boys	9-17	60 min.	Beg. to Int. Level	None
Gladia- tors II and III	Boys	7-14	60/90 min.	Intermediate and Advanced Level	Forward and Backward Roll, Cartwheel, Handstand, Round Off
Cheer- leaders I	B&G	6-17	60 min.	Beginner Level - Tumbling only	None
Cheer- leader II	B&G	8-17	60/90 min.	Interm./ Adv. - Tumbling only	Cartwheel, Round Off, Backhand spring on Tampoline

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