

KINDY

SENIOR GYM STAR

FREE G

TUESDAY 4PM

MONDAY 5PM

WEDNESDAY 5PM

SATURDAY 9AM

TUESDAY 6PM

WEDNESDAY 6PM

JUNIOR GYM STAR

THURSDAY 4PM

BOYS GYM

MONDAY 4PM

FRIDAY 4PM

WEDNESDAY 4PM

MONDAY 5PM

SATURDAY 9:45AM

TUMBLING

TUESDAY 5PM

TEAM GYM

FRIDAY 5PM

THURSDAY 5PM

FRIDAY 6PM

FRIDAY 6PM

THURSDAY 6PM

TEEN GYM

ADULT GYM

FRIDAY 5PM

TUESDAY 7PM

THURSDAY 6:30PM

SATURDAY 9:45AM

SATURDAY 10:45AM

Kinder Gym (18 months - 3 years)

Kinder Gym is a fun gymnastics class for toddlers (18 months to 3 years) that builds coordination, confidence, and movement skills through guided activities with parent participation. Perfect for early development and active play! **45 minutes**

Kinder Rec (4 years)

Kinder Rec focuses on developing gymnastics skills with more independence than Kinder Gym. Designed for 4-year-olds, it builds strength, coordination, and confidence through fun, skill-based activities. **45 minutes**

Junior Gym Star (5-8 years)

Junior Gym Star introduces 5 to 8-year-olds to the fundamentals of gymnastics, combining fun with skill-building through activities like jumping, swinging, climbing, and rolling. Designed for all skill levels, this program develops coordination, strength, confidence, and a love for movement. **1 hour**

Senior Gym Star (8-11 years)

Senior Gym Star is tailored for 8 to 11-year-olds, focusing on advancing gymnastics skills through engaging activities like tumbling, swinging, balancing, and vaulting. Suitable for all abilities, this program builds strength, coordination, confidence, and a passion for gymnastics. **1 hour**

Team Gym

Team Gym blends tumbling, mini tramp, and dance into exciting team performances. This class focuses on developing coordination, strength, and teamwork, allowing athletes to showcase their skills in synchronized routines and build confidence in a supportive environment. **1 hour**

Teen Gym

Teen Gym is designed for teens to develop gymnastics skills in a fun, social setting. Combining strength, flexibility, and coordination, this class offers a supportive environment where participants can improve their abilities while making new friends and enjoying group activities. **1 hour**

Free G

Free G is an exciting parkour-inspired class that focuses on developing strength, agility, and creativity. Athletes learn to navigate obstacles, jump, climb, and roll in a fun, challenging environment, while building confidence and improving their movement skills. **1 hour**

Boys Gym

Boys Gym focuses on building strength, coordination, and flexibility through fun gymnastics activities. Designed for all skill levels, it helps boys develop confidence and master key gymnastics skills. **1 hour**

Tumbling

Tumbling focuses on developing acrobatic skills like flips, rolls, and aerial movements. This class builds strength, flexibility, and coordination, helping athletes improve their tumbling technique in a fun, supportive environment. **1 hour**



BRONZE GYM STAR

TEAM GYM JUNIOR

WEDNESDAY 5PM

WEDNESDAY 5PM

WAG 1-2

TEAM GYM SENIOR

THURSDAY 5:30PM

MONDAY 6PM

WAG 3-4

THURSDAY 6PM

TUESDAY 4PM

FREE G

SATURDAY 9AM

TUMBLING

WAG 5 +

TUESDAY 4PM

THURSDAY 4PM

SATURDAY 9AM

Gym Star Bronze

Gym Star Bronze is designed for gymnasts to further develop the foundation skills mastered in Junior and Senior Gym Star. This class focuses on refining technique, strength, and flexibility, preparing athletes for a smooth transition into competitive gymnastics programs. **1.5 hours**

BRONZE GYM STAR 1.5 HOURS

Competitive Women's Artistic Gymnastics (WAG)

Competitive Women's Artistic Gymnastics (WAG) is a skill-building program for athletes starting from Level 1 and advancing through higher levels. Focused on vault, bars, beam, and floor, gymnasts develop strength, flexibility, and advanced techniques, while learning performance and competition strategies. The program prepares athletes for competitive opportunities at local, regional, and national levels, fostering discipline, confidence, and teamwork along the way.

WAG 1-2 2 HOURS P/W

WAG 3-4 8 HOURS P/W

WAG 5 + 12 HOURS P/W

Competitive Team Gym

Competitive Team Gym combines tumbling, mini tramp, and dance to create dynamic team routines. Athletes develop strength, coordination, and performance skills as they work together to perform synchronized routines in competitions. This program focuses on teamwork, discipline, and technique, preparing athletes for competitive opportunities at local, regional, and national levels.

TEAM GYM JUNIOR 1.5 HOURS P/W

TEAM GYM SENIOR 4 HOURS P/W

Competitive Free G – Expressions of Interest

Are you ready to take your Free G skills to the next level? We are forming a competitive Free G team and are on the lookout for gymnasts with experience in parkour, tricking, or freestyle gymnastics. This is your chance to join a team focused on pushing boundaries, mastering advanced skills, and preparing for competitions at the end of the year.

If you're passionate about Free G and want to be part of this exciting journey, submit your Expression of Interest today!

Competitive Tumbling – Expressions of Interest

Are you passionate about tumbling and ready to take your skills to the next level? We're building a Competitive Tumbling team and are seeking experienced athletes as well as newcomers who are eager to learn and grow in this dynamic sport. Whether you're perfecting your passes or starting fresh, this is a great opportunity to develop your skills and prepare for competitions later this year.

If you're ready to join this exciting journey, submit your Expression of Interest today!

