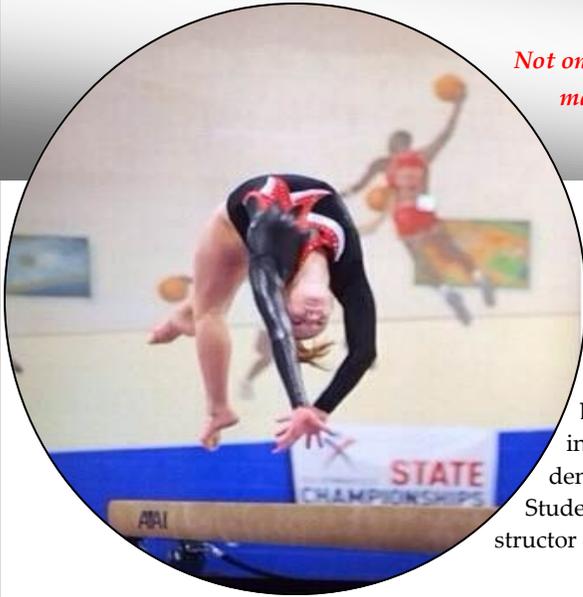


Why Gymnastics?

Not only does the sport provide a good, solid fitness foundation, gymnastics also provides many other benefits, from socialization skills to life skills to basics that can enhance performance in other sports



Preschool Classes - Introduction to basic gymnastic skills for ages 3-5. Activities include tumbling, low bar, floor beam and motor skills. This class offers a 6:1 teacher to student ratio.

Beginner— This class consists of basic gymnastic skills. Activities include vault, bars, beam, tumbling and basic dance. The teacher to student ratio is 8:1. Students learn skills safely through progressions. Students advance from beginner levels to Advance Beginner through instructor evaluation.

Advanced Beginner/Intermediate— Advanced Beginner/Intermediate classes offer a more challenging class for the gymnast who has mastered the Beginner level skills.

Jr. high/Rec— The Jr. High/Rec Class offers an age appropriate class for the gymnast who would like to challenge themselves in a Non Competitive atmosphere.

Rookie Team— This program is an introductory competitive level. Gymnasts are allowed to compete in smaller, local meets in a fun atmosphere.

Xcel Program - This competitive program is a less intensive team which allows the gymnast the opportunity to compete without the time commitment required of the Compulsory and Optional level team. Students Progress from Bronze, Silver, Gold, Platinum and Diamond Levels by score achievement and skill readiness. It is the ideal program for the gymnast who also participates in other sports.

Level 3 Junior Olympic Compulsory Team - This team is designed for the first year compulsory competitor who has progressed through Rookie level. Advancement is by instructor evaluation.

Level 4 & 5 Junior Olympic Compulsory Team - This is a competitive compulsory level and consists of basic compulsory skills. Progression to the next level is by score mobility and skill readiness.

Optional Junior Olympic Levels 6, 7, 8, 9 & 10— This team is comprised of Optional competitive levels. These levels are achieved by score mobility, mental and skill readiness

Acro Tumbling—This specialized tumbling class will provide the opportunity for cheerleaders/Tumblers to learn & perfect tumbling skills.

Open Workout— Work on the skills you choose with coaches available to spot and assist.



Check our webpage often for updates!!
www.strivegymnastics.com

