

Registration Dates

Member Registration: June 1
Non-Member Registration: June 8

Summer Session:

10 Weeks | June 22 - August 30

Membership Guide:

45 Mins | F: \$163 | M: \$232 | N: \$331
60 Mins | F: \$181 | M: \$257 | N: \$368
90 Mins | F: \$254 | M: \$360 | N: \$515

OPEN GYM 60 MINS

Drop-In Rate: F: \$5 | M: \$10 | NM: \$15
Session Rate: F: \$45 | M: \$90 | NM: \$135
Sun: 9:00am (Ages 0-7)
3:00pm (Ages 8+)

TINY TUMBLERS 45 MINS 18 MON-3 YEARS OLD

*Active parent/guardian participation is required
Sat: 9:00am
Sun: 10:15am

RISING STAR 45 MINS 2-3 YEARS OLD

*Active parent/guardian participation is required
Sat: 10:00am
11:00am
Sun: 11:10am

SHOOTING STARS 45 MINS 3-4 YEARS OLD

*Independent class, child must be able to separate from parent/guardian
Mon: 3:30pm
Sat: 9:00am
10:00am
Sun: 10:15am

BEGINNER 60 MINS 4-5 YEARS OLD

Mon: 4:30pm
Wed: 3:30pm
Sat: 10:00am
12:00pm
Sun: 11:10am

BEGINNER 60 MINS 6-8 YEARS OLD

Mon: 3:30pm
Sun: 11:30am

BEGINNER 60 MINS 9-13 YEARS OLD

Tue: 6:20pm
Sun: 12:00pm

INTERMEDIATE 60 MINS 4-5 YEARS OLD

Tue: 3:30pm
Thu: 5:10pm
Sat: 11:00am
Sun: 12:20pm

INTERMEDIATE 60 MINS 6-8 YEARS OLD

Mon: 5:40pm
Tue: 3:30pm
Sat: 9:00am
12:10pm
Sun: 10:20am

INTERMEDIATE 60 MINS 9-13 YEARS OLD

Wed: 4:40pm
Sat: 11:50am



ADVANCED 90 MINS 4-5 YEARS OLD

Wed: 3:30pm

ADVANCED 90 MINS 6-8 YEARS OLD

Tue: 4:40pm
Thu: 3:30pm
Sat: 11:10am
Sun: 10:15am

ADVANCED 90 MINS 8-13 YEARS OLD

Mon: 4:40pm
Tue: 4:40pm
Sat: 10:10am

BEG/INT TUMBLE 60 MINS 6-12 YEARS OLD

Wed: 5:10pm
Sun: 11:50am

ADVANCED TUMBLE 60 MINS 6-8 YEARS OLD

Mon: 6:10pm

BACKHAND SPRING MANIA 60 MINS 6-8 YEARS OLD

Tue: 4:40pm

BACKHAND SPRING MANIA 60 MINS 9-12 YEARS OLD

Tue: 5:50pm



Scan to Register



CANCELLATION POLICY

A request of cancellation form must be filled out at Gymnastics Welcome Center before the start of 2nd class to be eligible for a refund or credit.

*Please note: Saturday programs and leagues will be prorated to 9-weeks due to the 4th of July.

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CLASS DESCRIPTIONS

Tiny Tumblers | 45 Minutes

This is a semi-structure parent/child class where children will begin to learn the basics of gymnastics while improving motor skills and coordination. Our staff will assist in spotting and ensure safety of all participants. Active parent participation is required.

Rising Stars | 45 Minutes

This is a structured parent/child class where children will learn the basics of gymnastics alongside listening and following instructions. This class is meant to transition children into an independent class, so they must be willing to stay with the group. Active parent participation is required.

Shooting Stars | 45 Minutes

This is a structured class where children will be introduced to basic gymnastics. They will utilize obstacle courses and circuits that include balance beams, bars, and tumble track. Children must be able to separate from their parents/guardians and stay with the group. Parents are not allowed in the gym for this class.

Beginner Gymnastics | 60 Minutes

This is a structured class where children will learn the basics fundamentals of gymnastics. Instructors will focus on proper technique for forward rolls, backward rolls, handstands, and cartwheels along with beginner skills on balance beam, bars, and tumble track. Children must be able to separate from their parents. No gymnastics experience is required.

Intermediate Gymnastics | 60 Minutes

This is a structured class where children will learn new gymnastics skills, including backbends, round-offs, and kickovers on floor. Children should be confident with chin up pull-overs, casting on bars, and walking on high beams.

Advanced Gymnastics | 90 Minutes

This is a structured class where children will learn new skills such as back handsprings, back hip circles, and handstands on beam. In addition, there is a greater emphasis on conditioning, perfecting technique of foundational elements, and adding power to skills on vault and floor. Children must be recommended for Advanced Gymnastics. Athletes new to our program can schedule an evaluation for advanced classes.

Beginner/Intermediate Tumble | 60 Minutes

This is a structured class that allows children to focus on basic and intermediate tumbling skills. They will learn proper technique and progressions of handstands, cartwheels, roundoffs, and bridges. Instructors will set up multiple variations of drills to meet athletes at their skill level.

Advanced Tumble | 60 Minutes

This is a structured class for children who have extensive tumbling experience and want to focus on front walkovers, back walkovers and back handsprings. Children must be recommended for Advanced Tumble by their previous instructor. Athletes new to our program can schedule an evaluation for Advanced Tumble.

Back Handspring Mania | 60 Minutes

This is a structured class where children with some tumbling experience will focus on back handsprings and back handspring drills. Instructors will focus on proper technique for learning and mastering back handsprings.

CONTACT INFORMATION

Gymnastics Welcome Center:

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GYMNASTICS APPAREL

Gymnastics apparel is available for sale at the Welcome Center Desk. A leotard is recommended for girls and shorts and a tucked in t-shirt for boys. Mid-drifts are not allowed. All children must have bare feet and their hair pulled off of their face. No jewelry is allowed in the gym.

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