

Parent & Tot: This class is designed for somewhat independent 2 year olds with the help of one adult. It is a 45 minute class where the coach guides the parent & tot team in various activities and on a variety of equipment. The goal is to teach little ones to listen, follow direction, and stay with the group.

Kindergym 3: This class is for beginner boys and girls that are three years old. It is a 45 minute class where they will learn the basic fundamentals of gymnastics through a variety of activities on and off the equipment. The activities are focused around what is age appropriate and the safety of the athlete. Emphasis is on fun!

Kindergym 4: This class is for beginner boys and girls that are four years old. It is a 45 minute class where they will learn the basic fundamentals of gymnastics through a variety of activities on and off the equipment. The activities are focused around what is age appropriate and the safety of the athlete. Emphasis is on fun!

