



# Kidnastics Gymnastics

An Art of Movement Program



Follow on Facebook at @kidnasticsgym

(Aug 2023) \*classes will be added as needed

CLASS NAME	SUN	MON	TUES	WED	THUR	FRI	SAT
AGE 1-4 <b>"Tumble with Me"</b> Parent Participation \$95.00 (40 minutes 1x week for 4 weeks)			9:30			10:15	
AGE 3-4 <b>"Sparklers"</b> \$95.00 (40 minutes 1x week for 4 weeks)		5:30	10:15			9:30	
AGE 4-6 <b>"Hot Shots"</b> \$95.00 (40 minutes 1x week for 4 weeks)		6:15	4:30	5:30			
AGE 5-7 <b>"Stars"</b> \$100.00 (55 minutes 1x week for 4 weeks)		7:00	5:15	4:30 6:15	5:30		
AGE 8-12 <b>"Stars"</b> \$100.00 (55 minutes 1x week for 4 weeks)		4:30	6:15		4:30		
INTERMEDIATE <b>"Shooting Stars"</b> \$100.00 (55 minutes 1x week for 4 weeks)			7:15	7:15	6:30		
ADVANCED <b>"Super Stars"</b> \$100.00 (55 minutes 1x week for 4 weeks)					7:30		
<b>Homeschool Gymnastics</b> \$100.00 (55 minutes 1x week for 4 weeks)			11:00 12:00		10:15 11:15 12:15	11:00 <i>Intermediate</i>	
<b>Power of Play</b> (Ages 1-5) \$25.00 (single visit, drop in class)						12:00	
<b>Friday Fun Night</b> (Ages 4-7) (Ages 8 & up) \$45.00 (2 hours 1x month)						Coming soon	
<b>Art and Play Day</b> (Ages 1-5) Parent Participation \$30.00 (55 minutes 1x month)		Coming soon					
<b>Camps</b> \$200.00 per week (M,W,F 9:00 – 1:00)		9:00 – 1:00		9:00 – 1:00		9:00 – 1:00	
<b>Birthday Parties</b> (up to 10 kids) 1 hour in gym ½ hour in party area \$350.00 current students \$400.00 if you are not currently a student							1:00 2:30
<b>Champions Competition Groups</b> Beginner, Intermediate, & Advanced \$450.00 (90 minutes 1x week for 8 weeks)		Coming soon					

\*\$25.00 Yearly Registration Fee per Student.

## 2023-2024 Kidnastics Gymnastics Classes

### Tumble with Me! (Parent Participation Ages 1-3)

In this exploratory gymnastics class instructors teach parents to safely guide their children through rolls, jumps, climbs, hangs, and other basic skills while kids navigate each week's circuit with their classmates. A very social class for moms and babies!

### Sparklers (Boys & Girls Ages 3-4)

Weekly lesson plans involving music, gymnastics skills, obstacle courses, and cooperative games allow students to build self-confidence and increase social skills while improving their listening skills and ability to follow directions.

### Firecrackers (Boys & Girls Ages 4-5)

Our specific preschool equipment and lesson plans make classes challenging and fun while developing coordination, gymnastics skills, strength, flexibility, balance, and self-confidence.

### Hot Shots (Boys & Girls Ages 5-6)

Our specific preschool equipment and lesson plans make classes challenging and fun while developing coordination, gymnastics skills, strength, flexibility, balance, and self-confidence. Gymnastics Skills and terminology are taught and practiced.

### Stars (Beginner level class Ages 5-7 or Ages 8-12)

### Shooting Stars (Intermediate level class Ages 5 & up)

### Super Stars (Advanced level class Ages 5 & up)

Our stars program follows the National USA Gymnastics levels 1-3 program. Class includes instruction on gymnastics equipment as well as tumble track. Each level has a set of skills that must be mastered before advancing to the next level. We help students track their progress and learn to set goals.

### Homeschool Gymnastics (all levels and all school ages) (Intermediate level also available)

This inclusive class is great for siblings. When you have many different ages but would like to only spend one hour at the gym a week.

### Champions Competition Groups (Beginner, Intermediate, and Advanced)

Champions is an add-on class. It is a second class a week where children will learn about competitive gymnastics in a fun and non-threatening way. Students will spend 8 weeks learning gymnastics routines, forming a team bond with peers, learning good sportsmanship, and ultimately competing in house with other groups. Each child will receive a leotard or T-shirt to wear during competition. Children will be competing for a spot on the awards podium!

**Power of Play (Age 1-5):** A Fun time to meet friends, practice skills, and burn off energy! This is a mixture of group activities and an open play environment with a coach present to help. Each week will have different activities with bars, balance beams, trampolines, rings, ball pits, slides, parachutes, bubbles, music and more.

**Friday Fun Nights:** A night filled with Gymnastics, arts & crafts, snacks, games, and more. What FUN!

**Art and Play Day (Parent Participation Age 1-5):** Weekly art projects are provided in different mediums for you to enjoy together. Projects are perfect for little hands to enhance fine motor skills needed for kindergarten. Paint, Glue, sand, clay, scissors, stickers, stamps and more. After your projects are complete come play in our gym. Each week will have different activities with bars, balance beams, trampolines, rings, ball pits, slides, parachutes, bubbles, music and more.

**Camps:** We offer a fun-filled way for your child to spend a week at the gym while you get some time off! All camps will include gymnastics, games, arts and crafts, and snacks and drinks.

**Birthday Parties:** (up to 10 children) Make your child's day extra special with exclusive use of our gymnastics facility. Your Birthday Child and their friends will take part in games, music, and fun activities created especially for them. Our facility and staff are bright, cheerful, and child friendly. Don't worry about setting up or clean up. We handle everything so that you may enjoy the festivities.