

Perpetual Motion Class Descriptions

Preschool Gymnastics (45 minute classes)

Tiny Twisters (Walking — 3 years) Students learn to develop large motor skills through exploration and play. Activities stimulate language, thinking and creativity. Because of the age of the students the class is designed to be predominantly open structure with interaction and play a huge part between child and caregiver. Children of this age love to explore and discover. It is absolutely amazing to watch week to week what our young students discover about their physical selves. The class is divided into three phases: The first being a group warm up activity, followed by supervised free play, and finishing with a group ending activity. A parent, grandparent, nanny, or other adult is required to assist at each class.

Tiny Twisters II (26 mo.—3 years) This is a parent/important adult assisted class. The purpose of this class is to introduce structure and following directions. This class provides a transition to our Cyclone level. Our Cyclone class is the first level without Parent assistance.

Cyclones (3 years) This class continues to develop large and small motor skills. Encourages group interaction and learning to follow instructions in an atmosphere of color, music and fun.

Tornados (4-5 years) The continuous development of motor skills and hand-eye coordination in a colorful and fun atmosphere. Basic introduction on bars, beam, vault, tumbling and trampoline.

Recreational Gymnastics Class Descriptions (ages Kindergarten and up) USA Gymnastics levels

Beginner / USAG Level 1 (Ages Kindergarten and up) – Activities include tumbling, trampoline, uneven bars and balance beam. We also introduce gymnastics terminology, safety awareness and flexibility. (60 min.)

Advanced Beginner / USAG level 2 – This level adds skill progressions intended to make the transition to intermediate smooth and fun. Vaulting concepts are also introduced (60 min.)

Intermediate / USAG level 2/3 – This level builds upon the previous skills learned in vaulting, tumbling, trampoline, uneven bars and balance beam. (75 min.)

Advanced / USAG level 3/4 – This class emphasizes progressions of skills in tumbling, trampoline, balance beam, uneven bars, tumble track and vault. (75 min.)

Trampoline and Tumbling— The sport of trampoline and tumbling is for every child who loves to run, jump and have fun. Physical benefits include speed, strength, balance and spatial awareness. Equipment used includes, but is not limited to, Trampolines, tumble trak, rod floor (Woodbury only), mini trampolines and spring floors.

Tramp and Tumble I (Ages kindergarten and up) - Introduces trampoline safety, basic trampoline skills, basic tumbling skills, mini trampoline, body awareness and the building of self confidence.

Tramp and Tumble II (Must have passed Tramp and Tumble I) - Flipping is introduced along with building on the skills taught in tramp and tumble I.

Tumbling for Dance and Cheer—The trampoline, tumble trak, rod floor, and pits are utilized to safely teach the basic through advanced tumbling skills required for dance and cheer.

Tumble for Dance and Cheer I (Ages Kindergarten and up) - Basic tumbling skills are taught. Cartwheels, handstands, walkovers are taught at this level.

Tumble for Dance and Cheer II (Must have passed Dance and Cheer I) - Skills taught here include, but are not limited to, front and back handsprings, front and back flips, front and side aerials.