

CLASS DESCRIPTIONS

FUNDAMENTAL GYMNASTICS

18 mos. to 6 years

Run & Bounce: Co-ed, walking to 2.5 years

Your little one will enjoy music and movement as he or she learns the basics of movement education in a fun, inviting atmosphere. Geared specifically to introduce children to gymnastics and creative movement using colorful objects, familiar music, and group play! Parents will participate with their young ones in this class.

Hop & Skip: Co-ed, 2 to 3.5 years

Do you want to spend some quality time with your child or favorite kid in a fun and motivating atmosphere? Come hop, skip, jump, and roll with us. This class will help in developing good listening skills, sharing skills, and at the same time enhance coordination and develop strength. Fundamental loco-motor skills and gymnastics skill will be taught.

Twist & Flip: Co-ed, ages 3-4yrs

Is your child's energy level on over drive? Is your couch being used as a trampoline? Come Twist and Flip with us! Not only will your child burn off extra energy, but he or she will enhance their coordination and strength while developing good listening and sharing skills. Learn fundamental gymnastics skills on vault, bars, beam, floor, and tumble track.

DEVELOPMENTAL GYMNASTICS

Kindergarten and Up

Hot Shots: Co-Ed (boys by invitation only), age 5 & grade K (advanced 4 yr. olds w/ skill test)

Beginning level, artistic gymnastics training on bars, beam, vault, floor, and tumble track. Students will learn the basics of general gymnastics.

Hot Shots Advanced: Co-Ed (boys by invitation only), age 5 & grade K; Invitation Only

Advanced beginner level, artistic gymnastics training on vault, bars, beam, floor, and tumble track. Students will build on the foundations of gymnastics while adding more advanced skills.

Flips 1: Girls only, 1st grade and up

Beginning gymnasts earn the basics of artistic gymnastics in our recreational Flips 1 classes! Learn fundamental gymnastics skills on vault, bars, beam, floor, and tumble track. Your child will develop a strong body, confidence, and poise! Our Flips classes are designed to let your daughter progress at her own pace; she will learn to do her own personal best as a mark of achievement.

Flips 2: Girls only, 1st grade and up

Advanced beginners improve the basics learned in Flips 1 and add some new skills! Still a part of our recreational programming, Flips 2 will further develop and expand on what was taught in a Flips 1 group. Weekly conditioning is added in this class, to develop the overall strength and coordination that your daughter will need to progress in gymnastics and other sports.

Flips 3: Girls only, 3rd grade and up; Invitation Only

Intermediate level Flips 3 students begin mastering more difficult skills in this class! Fun and fitness are combined at their optimum level as students achieve intermediate level skills. Many students successfully transition from this class to our team program.

Mini Twisters Recreational: Girls only, Pre-K through 7 years; Invitation Only

Advanced Beginner and Intermediate level girls' artistic gymnastics training on bars, beam, vault, floor, and tumble track. Students will grow in their knowledge and experience of gymnastics and learn Level 2 skills and routines.

Gym Dawgs Junior: Boys only, age 5 – 2nd grade

This is a class for boys who love to jump, tumble, swing, and crash! Your child will learn the basics of boys' gymnastics while burning off all of that extra energy he's packed away sitting at school. Currently, we provide instruction on vault, bars, floor, and tumble track; rings and mushroom will be added to our program soon.

Gym Dawgs: Boys only, 3rd grade and up

This class teaches and expands on the basics of boys' gymnastics. Boys gather in this class and learn cool flips, exciting twists, and awesome jumps! In addition, boys will develop their strength and coordination through conditioning activities. Currently, we provide instruction on vault, bars, floor, and tumble track; rings and mushroom will be added to our program soon.

TWISTERS TEAM GYMNASTICS

By Invitation or Skill Test Only

Mini Twisters Competitive: Girls only, Ages 4-8 years

Intermediate level, girls' artistic gymnastics training on bars, beam, vault, floor, and tumble track. Students will grow in their knowledge and experience of gymnastics and learn Level 2 skills and routines.

Twisters Competitive: Girls only, Levels 3 and Up

Level 3 and up gymnasts learn skills and routines intended for their level of gymnastics. Conditioning and flexibility is a must as girls train their bodies to reach for the next level!

CHEERLEADING

See class descriptions for age limitations

Flyers 1: Co-ed, PreK-2nd grade

Does your child aspire to make their grade, junior, or high school cheer squad? We have the solution for you; enroll in our school-year recreational cheer classes. Not only will your child get the jump start they need, they will have fun, get strong, and stay healthy. In this class we cover all the basics of tumbling, jumps, stunting, dance, and cheering!

Flyers 2: Co-ed, 3rd grade and up, or by audition

This group reviews the basics of cheerleading, and adds new excitement to skills and routines! Your child will learn beginning and intermediate tumbling, jumps, stunts, dance, and cheers. We want to produce the next generation of cheerleaders for our community.

Little League Cheerleading: Co-ed, K-8th grade

Don't sit on the side lines, jump up and CHEER! This summer Kids In Motion is bringing you a cheer program that will coincide with the Union and Washington Little League Football Programs. Cheerleaders will be divided into age defined squads and will cheer on the sidelines and at designated half-times throughout the football season.

SPECIALTY PROGRAMMING

See class descriptions for age limitations

Tumbling 'n' Tae Kwon Do (TNT) Jr.: Co-ed, Age 4-2nd grade

TnT combines the flexibility and acrobatics of gymnastics with the systematic discipline of the Martial Arts. These energetic age appropriate classes are designed to combine balance, flexibility, and strength to increase confidence and a desire to challenge one's own abilities. Basic tumbling is taught through fun and creative skill progressions by a highly qualified coach. In addition, the importance of self control and teamwork are emphasized throughout the program. *Also offered – TNT Sr., Co-ed, Ages 3rd grade and up*

Tumbling 'n' TuTus: Girls only, Ages 4-8

Tumbling 'n' TuTus is perfect for the girly-girl who wants to learn the basics of dance while still getting the benefits of gymnastics. A great way to burn off excess energy while still preserving the "pretty princess" within your child.

Power Tumbling: Co-ed, 1st grade and up

Power Tumbling is designed for those gymnasts wanting the tumbling aspect of gymnastics only. This is a USA-Gymnastics recognized sport. Students will learn and develop their tumbling skills on our spring floor and Tumble Track.

Tumbling for Cheerleaders: Co-ed, 5th grade and up

This class is designed for students in Jr. High, High School, or Collegiate cheerleading who want to work on their tumbling skills. Basics such as round-offs and back handsprings are taught, as well as advanced tumbling skills as students gain proficiency and confidence.

Rhythmic Gymnastics: Girls only, Ages 9 and up

Rhythmic gymnastics combines the grace of a ballerina, the rhythm of a jazz dance, and the strength of an artistic gymnast all in one. Students will learn acrobatic tumbling, rhythmic dance, and use hand apparatus such as ribbons, hoops, balls, clubs, and rope. Rhythmic Gymnastics is a recognized sport through USA-Gymnastics.

Home School Gymnastics: Co-ed, Grade K and up

We offer a gymnastics/fitness based PE credit class for home-school students. 12-week sessions are offered in the fall and spring.

Open Gym: Co-ed, Grade K and up

Pre-registration is required for our monthly open gyms! One Saturday each month from 9:30-11:00 a.m. is open gym for currently enrolled students who want to spend some extra time in the gym working on whatever skills they choose. Staff will be on hand to assist and spot. This is a supervised time slot, not a structured class. This time slot may also be used for make-ups. Please see calendar of events to find out when the next session is!