

Apple Valley Gymnastics Class Descriptions and Rates

Class

Age

Time

Program

Cost 1x/2x

Preschool Program

Mom & Tot	18-36 mos	30 min	Parents participate, focus on balance, self confidence, eye/hand coordination, listening & social skills	\$50/\$80
Rockers & Rollers	3-4 yrs	45 min	Teaches following directions, learning to participate in a group, introduces basic gymnastic skills	\$60/\$90
Dynamites	4-5 yrs	45 min	Added focus on basic academic knowledge (colors/shapes/numbers/letters) taught thru gymnastics skills.	\$60/\$90
Kindergarten	5-6 yrs	55 min	Beginning of all aspects of gymnastics skills & equipment, strength, flexibility & physical fitness	\$66/\$96

Girls Rec Program

Jr. Rebounders	6-8 yrs	55 min	Beginning of all aspects of gymnastics skills & equipment, strength, flexibility & physical fitness	\$66/\$96
Rebounders	9-13 yrs	55 min	Beginning of all aspects of gymnastics skills & equipment, strength, flexibility & physical fitness	\$66/\$96
Jr. Rebounders+	6-8 yrs	55 min	A continuation of Jr. Rebounders with more advanced skills introduced	\$66/\$96
Rebounders+	9-13 yrs	55 min	A continuation of Rebounders with more advanced skills introduced	\$66/\$96
Jr. Flipsters	6-8 yrs	55 min	Intermediate level, focus on execution and technique of basic skills, introduce more advanced skills	\$66/\$96
Flipsters	9-13 yrs	55 min	Intermediate level, focus on execution and technique of basic skills, introduce more advanced skills	\$66/\$96
Jr. Flipsters+	6-8 yrs	55 min	A continuation of Jr. Flipsters with more advanced skills introduced	\$66/\$96
Flipsters+	9-13 yrs	55 min	A continuation of Flipsters with more advanced skills introduced	\$66/\$96
Aerials	7-13 yrs	85 min	Advanced class, basic skills mastered, progress onto more advanced skills.	\$82/\$112

Boys Rec Program

Flares	7-13 yrs	55 min	Beginning level, teaches basic gymnastics skills on vault, floor, parallel bars, rings, pommel horse, trampoline, strength, flexibility and physical fitness	\$66/\$96
Twisters	7-13 yrs	55 min	Intermediate level, focus on execution and technique of basic skills, introduce more difficult skills	\$66/\$96
Giants	7-13 yrs	85 min	Advanced class, basic skills mastered, progress onto more difficult skills	\$82/\$112

Tumbling Class

Tumbling	14-22 years	55 min	This weekly class includes structured conditioning, stretching and basic tumbling. It is open to boys and girls.	\$66/month
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