



BEGINNER GYMNASTICS

This class is an introduction to basic gymnastics skills and techniques. Students will increase flexibility, strengthen muscles, gain coordination and confidence. Students will also be introduced to all of the different gymnastics apparatuses. NO PREVIOUS EXPERIENCE REQUIRED.

BEGINNER 2 GYMNASTICS

This class is a more in-depth and refined look at basic gymnastics skills. Now that they've learned the basics and vocabulary we will polish the skills and begin learning the next level. PREVIOUS EXPERIENCE REQUIRED.

INTERMEDIATE GYMNASTICS

New challenges and skill sequences are introduced. Students must have been previously enrolled in an intermediate class at Carolina Gymnastics or have a teacher recommendation to enroll in the class. PREVIOUS EXPERIENCE REQUIRED.

ADVANCED GYMNASTICS

This class is for students who have mastered all of the skills and sequences at the intermediate level. Students in this class exhibit a high potential for competitive gymnastics. PRIOR EXPERIENCE AND TEACHER RECOMMENDATION REQUIRED.

BEGINNER TUMBLING

This class is an introduction to basic tumbling skills and techniques. Students will increase flexibility, strengthen muscles, gain coordination and confidence. It covers forward and backward rolls, handstands, cartwheels, and more. NO PREVIOUS EXPERIENCE REQUIRED.

INTERMEDIATE TUMBLING

This class will provide new challenges. We take the skills that were learned in the beginner tumbling class, continue to improve them and begin to add on. We introduce bridges, bridge kick overs, round-offs, front and back limbers and much more. PREVIOUS EXPERIENCE REQUIRED.

BACK HANDSPRINGS

Now that we've mastered the intermediate tumbling class we will focus on learning a back handspring. We continue to work all of the previous skills and use them in drills for the back handspring. Strength, flexibility, coordination and confidence play a large roll in this skill. PREVIOUS EXPERIENCE REQUIRED.

ADVANCED TUMBLING

Once we have learned the back handspring we are ready to put it all together. This class will teach connective tumbling passes. We will also start to learn back tucks, back layouts, and much MUCH more. This is for very advanced tumblers. PREVIOUS EXPERIENCE AND TEACHER RECOMMENDATION IS REQUIRED.

BOYS GYMNASTICS

This class is for boys ages 6 and up. This class goes from Beginner skills through Advanced skills. Students will increase flexibility, strengthen muscles, gain coordination and confidence. Students will also be introduced to all of the different apparatuses. NO PREVIOUS GYMNASTICS EXPERIENCE REQUIRED.