

Preschool Classes

LITTLE DIPPERS-WALKING TO 3 YEARS

This class is for parents and children. Little Dippers is a fun introduction to gymnastics with a strong emphasis on socialization skills, fine and gross motor skills, gymnastics shapes and group involvement. Please remember that each child should have a parent or guardian with them throughout this entire class.

Tuesday 1:30pm	Thursday 10:00am
Tuesday 6:15pm	Thursday 6:15pm
Wednesday 6:45pm	Saturday 10:15am

COMETS-3 YEAR OLDS

In this class, children will further develop balance, strength and flexibility through simple directions, rules, obstacle courses, and fun gymnastics games and songs.

Students will also develop confidence as they accomplish rolling, pre-cartwheels, simple vaults, jumping, and landing.

Monday 1:30pm	Wednesday 5:15pm
Monday 4:45pm	Wednesday 6:15pm
Monday 5:45pm	Thursday 11:00am
Tuesday 11:00am	Thursday 1:30pm
Tuesday 4:15pm	Thursday 4:45pm
Wednesday 11:00am	Friday 5:00pm
	Saturday 11:15am

RISING STARS-4 & 5 YEAR OLDS

Rising Stars class is for the 4 and 5 year olds that are ready for a more structured class. Your child will learn to swing, balance, and transfer his/her weight on and off our equipment. This class is designed to prepare children for a smooth transition from our pre-school program to our recreational program that begins at age 6.

Monday 3:45pm	Wednesday 3:45pm
Monday 4:15pm	Wednesday 4:15pm
Monday 5:15pm	Wednesday 5:45pm
Monday 6:15pm	Thursday 12:15pm
Tuesday 12:15pm	Thursday 2:30pm
Tuesday 2:30pm	Thursday 3:45pm
Tuesday 3:45pm	Thursday 5:45pm
Tuesday 4:45pm	Thursday 6:45pm
Tuesday 5:15pm	Friday 4:00pm
Tuesday 6:45pm	Friday 6:00pm
Wednesday 12:15pm	Saturday 12:15pm

SHOOTING STARS-ADVANCED 4 & 5 YEAR OLDS

By instructor invitation only

The Shooting Stars class is for 4 & 5 year olds who are proficient in their listening skills and whose skills are ready for more development and refinement.

Teacher recommendation is required for this class.

Monday 2:30pm
Tuesday 5:45pm
Wednesday 4:45pm
Thursday 5:15pm
Friday 4:30pm

Special Needs Class \$40/month

4yrs old and up

Saturday 11:45am

Recreation Classes

6 TO 9 YEAR OLD - BEGINNERS

This class is an introduction to basic gymnastics skills and techniques. Students will increase flexibility, strengthen muscles, and gain coordination and confidence. Students will also be introduced to all of the different gymnastics apparatuses.

No previous gymnastics experience required.

Monday	3:30pm	Wednesday	6:30pm
Monday	5:30pm	Thursday	6:30pm
Monday	6:30pm	Friday	3:30pm
Tuesday	4:30pm	Friday	4:30pm
Tuesday	6:30pm	Friday	5:30pm
Wednesday	3:30pm	Saturday	10:00am
Wednesday	4:30pm	Saturday	11:00am

10yr AND UP - BEGINNER

Tuesday	5:30pm
Wednesday	6:30pm
Thursday	7:30pm

ADVANCED (6yr AND UP)

This class is for students who have mastered all the skills and sequences at the Intermediate level. Students in this class exhibit a high potential for competitive skills. Prior gymnastics experience and teacher recommendation required.

Wednesday	4:30pm
Thursday	5:30pm

Ninja Warrior & Gymnastics - Ages 5 and up

Monday	4:30pm
Monday	5:30pm
Monday	6:30pm

6 TO 9 YEAR OLD - BEGINNER-2

This class is a more in-depth and refined look at basic gymnastics skills.

Previous gymnastics experience is required.

Monday	4:30pm	Thursday	3:30pm
Monday	6:30pm	Thursday	4:30pm
Tuesday	3:30pm	Friday	3:30pm
Wednesday	5:30pm	Saturday	12:00pm

10yr AND UP - BEGINNER-2

Monday	7:30pm
Thursday	5:30pm

6-9 YEAR OLD - INTERMEDIATE

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 this class.

Previous gymnastics experience is required.

Monday	3:30pm	Wednesday	6:30pm
Tuesday	4:30pm	Thursday	4:30pm
Wednesday	3:30pm		

10yr AND UP - INTERMEDIATE

Monday	4:30pm
Tuesday	7:30pm
Thursday	6:30pm

BOYS GYMNASTICS - Ages 6 and up

Tuesday	4:30pm	Thursday	4:30pm
Tuesday	5:30pm		

Tumbling Classes

BEGINNER

This class is an introduction to basic tumbling stills and techniques. Students will increase flexibility, strengthen muscles, gain coordination and confidence. It covers forward and backward rolls, handstands, cartwheels and more.

No previous tumbling experience required.

Tuesday	3:30pm	Thursday	3:30pm
Tuesday	5:30pm	Thursday	7:30pm
Wednesday	5:30pm	Friday	4:30pm

INTERMEDIATE

This class will provide new challenges. We take the skills learned in the beginner class and continue to improve them and add on. We introduce bridges, bridge kick over, round-offs, front and back limbers and much more.

Previous tumbling experience required.

Monday	5:30pm
Tuesday	7:30pm
Wednesday	7:30pm

BACK HANDSPRINGS

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

Previous tumbling experience required.

Monday	6:30pm
Tuesday	6:30pm
Wednesday	7:30pm

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 more. This is for very advanced tumblers.

Previous tumbling experience and teacher recommendation required.

Monday	7:30pm
Friday	5:30pm

VALUE PACKAGES - Per Student

Bronze Package—Budget Friendly

Choose 1 class for weekly participation

\$64/Month—45 Minute
Preschool Class

\$69/Month—60 Minute
Recreation Class

Silver Package—Our Suggestion

Choose 2 classes for weekly participation

\$104/Month—45 Minute
Preschool Class

\$109/Month—60 Minute
Recreation Class

Gold Package—Accelerated Track

Choose 3 classes for weekly participation

\$134/Month—45 Minute
Preschool Class

\$139/Month—60 Minute
Recreation Class