

Fantastic Gymnastics

SUMMERTIME in Adams

<u>CLASS</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Competition Classes</u>	8:00-11:00AM 5:00-7:00PM		8:00-11:00AM 5:00-7:00PM		
<u>COMPETITION PREP CLASS</u>			4:00-5:00PM		
<u>PARENT TINY TOTS</u>	11:00-11:45AM 6:00-6:45PM				
<u>BEGINNER NAVY/BLUE GYMNASTICS</u>	11:50-12:45PM 5:00-5:55PM				
<u>BEGINNER BLUE GYMNASTICS</u>	2:00-2:55PM 4:00-4:55PM				
<u>BEGINNER BLUE GYMNASTICS DAYCARE TRANSPORTATION</u>					
<u>INTERMEDIATE WHITE GYMNASTICS</u>	3:00-3:55PM				
<u>ADVANCED SILVER GYMNASTICS</u>	10:00-11:00AM				
<u>TUMBLING</u>			11:00-11:55AM		
<u>NINJA</u>	1:15-1:55PM				

Register online at

<https://portal.iclasspro.com/fantasticgymnastics>

PARENT TEENY TINY TOTS (12–17 months)

In this 35-minute class, little ones explore how their bodies move by jumping, climbing, rolling, walking on beams, and hanging on bars. Parents participate alongside their child, helping them through obstacle courses and introducing basic listening and direction-following skills.

Cost: \$70.00/month (1 class per week)

Parent participation required.

PARENT TINY TOTS (18 months–3 years)

This 45-minute class is for slightly older tots who are ready for more independent movement while still needing parent support. Children will jump, climb, balance, roll, and swing while parents assist them through activities focused on body awareness and following directions.

Cost: \$70.00/month (1 class per week)

Parent participation required.

BEGINNER NAVY/BLUE GYMNASTICS (Ages 3.5–5 years)

This class introduces young gymnasts to the basic shapes, terms, and skills of gymnastics while building strength and flexibility. Participants rotate through events like vault, bars, beam, and floor in every 55-minute class.

Cost: \$70.00/month (1 class per week)

BEGINNER BLUE GYMNASTICS (Ages 5–17 years)

This beginner class is for school-age students who are brand new to gymnastics or still learning basic skills.

Skills Taught:

- Floor: Cartwheels, handstands, rolls
- Bars: Swinging, beginning pullovers
- Beam: Balancing, walking, basic jumps
- Vault: Running drills and proper jumping shapes

Cost: \$70.00/month (1 class per week)

BEGINNER BLUE GYMNASTICS (Daycare Transportation Ages 3–6 years)

Same curriculum as Beginner Blue Gymnastics, with the addition of daycare pickup service.

Cost: \$80.00/month (1 class per week, includes transportation)

INTERMEDIATE WHITE GYMNASTICS (Ages 5–17 years)

Prerequisites to enroll:

- Floor: Unassisted cartwheel and handstand

- Bars: Unassisted pullover
- Beam: Comfortable walking and balancing on a low/high beam

Skills Focused On:

- Floor: Round-offs, bridge kickovers, and progressions toward back walkovers
- Bars: Back hip circles and building strength for harder skills
- Beam: Introduction to handstands and more advanced balancing skills

Cost: \$70.00/month (1 class per week)

ADVANCED SILVER GYMNASTICS (Ages 5–17 years)

Prerequisites to enroll:

- Floor: Backbend kickover or back walkover
- Bars: Pullover and back hip circle
- Beam: Comfortable holding a handstand on the beam

Skills Focused On:

- Floor: Connecting tumbling skills and advanced flexibility
- Bars: Stronger circles, casts, and developing dismounts
- Beam: Full handstands, cartwheel basics, and more advanced balance skills

This is the top level of our recreational program and prepares gymnasts for higher-level strength, shapes, and technique work.

Cost: \$70.00/month (1 class per week)

NINJA (Ages 4–10 years)

This 45-minute high-energy class uses obstacle courses to build strength, agility, and confidence while encouraging a mindset of perseverance and resilience.

Cost: \$70.00/month (1 class per week)

Private Lessons

Private lessons offer one-on-one instruction tailored to each gymnast’s individual needs and goals. Whether your athlete wants to focus on mastering a specific skill, improving an event, or working on overall technique, private lessons provide personalized attention to help them progress. Lessons are scheduled directly with the instructor to find a time that works best and to discuss goals and areas of focus.


Fantastic Gymnastics Class Guide

Looking to get your child enrolled? Here's a breakdown of our programs to help you find the best fit!

 **Tuition is billed monthly.**

Competitive Team Program (Ages 5+)


Is your child ready for the next step in gymnastics? Our Competitive Team Program is designed for athletes who are eager to grow their skills and experience the excitement of competing!

 Gymnasts must be **5 years old on or before January 2027** to participate.

Our team athletes train on all four events—vault, bars, beam, and floor—while building strength, confidence, discipline, and teamwork. Athletes will have the opportunity to compete in meets throughout the season.

This program requires a higher level of commitment, including multiple practices each week.

Evaluations are required for team placement.

 Message us if you're interested—we'd love to help you get started!

Recreational Program (Ages 18 months+)

***Parent Tiny Tots (18 months–3 years)**

A 45-minute class focused on coordination, balance, and body awareness with parent assistance.

Parent participation required.

***Beginner Navy/Blue (Ages 3.5–5)**

Intro to basic gymnastics skills, shapes, and movement while building strength and confidence. Athletes rotate through all events each class.

***Beginner Blue (Ages 5–17)**

Great for beginners learning foundational skills.

Includes cartwheels, handstands, rolls, bar basics, beam balance, and vault fundamentals.

***Intermediate White (Ages 5–17)**

Prerequisites required.

Focus on round-offs, bridge kickovers, back hip circles, and beam handstands.

***Advanced Silver (Ages 5–17)**

Prerequisites required.

Focus on connecting tumbling, stronger bar skills, and advanced beam work

This is the highest recreational level and prepares gymnasts for more advanced training.

***Ninja (Ages 4–10)**


A high-energy obstacle course class that builds strength, agility, confidence, and resilience.

***Tumbling (Ages 5–17)**

This class focuses **floor only** and is perfect for athletes who want to improve their tumbling skills. Gymnasts will work on drills, strength, and technique to build and progress skills such as cartwheels, round-offs, back handsprings, and more—based on their current level

***Private Lessons**

One-on-one instruction tailored to your gymnast's goals—perfect for skill building and extra practice.

 Ready to enroll or have questions? Message us—we're happy to help you find the perfect class!