GIRLS RECREATIONAL GYMNASTICS
SCHOOL YEAR SESSION

Fall: Sept. 8, 2026 – Jan. 31, 2027

Spring: Feb. 1, 2027 – June 23, 2027

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Matt Buchanan, Program Coordinator



CLASSES IN BOLD ARE BY INVITATION ONLY (REC. 3, 4, 5 AND ELITE POWER PAWS)

TIME	MON. FALL: 16 Weeks SPRING: 19 Wks	TUES. FALL: 20 Weeks SPRING: 21 Weeks	WED. FALL: 19 Weeks SPRING: 20 Wks	THURS. FALL: 18 Weeks SPRING: 19 Wks	FRI. FALL: 16 Weeks SPRING: 19 Wks	SAT. FALL: 18 Weeks SPRING: 15 Wks
2:15 - 3:10	Pre-Rec. 1	Pre-Rec. 1	Pre-Rec. 1	Pre-Rec. 1	Pre-Rec. 1 (18 weeks)	9:30 – 10:25 Rec. 1, Age 5-6 Rec. 2, Age 7+
4:00 - 4:55	Rec. 1, Age 5	Rec. 1, Age 5	Rec. 1, Age 5	Rec. 1, Age 5	Rec. 1, Age 5	
	Rec. 1 Int., Age 6	Rec. 1 Int., Age 6	Rec. 1 Int., Age 6	Rec. 1 Int., Age 6	Rec. 1 Int., Age 6	
	Rec. 2 Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	10:45 – 11:40 Rec. 1, Age 5-6 Rec. 2, Age 7+ **Rec. 3, Age 7+**
		Rec. 3, Age 7+		**Rec. 3, Age 7+**		
5:15 - 6:10	Rec. 1, Age 5-6	Rec. 1, Age 5-6	Rec. 1, Age 5-6	Rec. 1, Age 5-6	Rec 1, Age 5-6	
	Rec. 2, Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	Rec. 2, Age 7+	12:00 – 12:55 Rec. 1, Age 5-6 Rec. 2, Age 7+ **Rec. 3, Age 7+**
	Rec. 3 Age 7+	**Rec. 3, Age 7+**	**Rec. 3, Age 7+**	**Rec. 4, Age 7+**	**Rec. 3, Age 7+**	
		Rec. 4, Age 7+			Co-Ed Tumbling* Beginner, Age 7+	
6:20 - 7:15	Rec. 1 Age 5-6	Rec. 2 Age 7-9	Rec. 1 Age 5-6	Rec. 1 Age 5-6	Rec. 1 Age 5-6	**SUN.** FALL: 19 Weeks SPRING: 17 Wks
	Rec. 2, Age 7+	Rec. 2 (Age 10+)	Rec. 2 Ages 7+	Rec. 2 Age 7-9	Rec. 2 Ages 7+	9:30 – 10:25 Rec. 1, Age 5-6 Rec. 2, Age 7+
	Rec. 3, Age 7+	**Rec. 3, Age 7+**	**Rec. 4, Age 7+**	Rec. 2 Age 10+		
	Rec. 5, Age 7+	Co-Ed Tumbling* Beginner, Age 7+	Co-Ed Tumbling* Advanced (Ages 7+)	**Rec. 3, Age 7+** **Rec. 5, Age 7+**	**Rec. 4 & 5 Age 7+**	10:45 – 11:40 Rec. 1, Age 5-6 Rec. 2, Age 7+
6:20 - 7:50		**Elite Power Paws 1.5 hrs, Age 9+**		**Elite Power Paws 1.5 hrs, Age 9+**		12:00 – 12:55 Rec. 1, Age 5-6 Rec. 2, Age 7+
	* A round-off is required for Beginner Tumbling; a back handspring is required for Advanced Tumbling.					

GIRLS RECREATIONAL PROGRAM DESCRIPTIONS

The Girls Gymnastics program is designed to develop the basic gymnastics skills and the foundation on which these skills rest: strength, flexibility, balance and motor coordination. We strive to maintain a safe, fun and positive atmosphere, in which each girl is encouraged to improve at her own pace. Two of our most important goals are to develop self-confidence and to help the girls understand the relationship between consistent practice and improvement in ability.



PRE-REC. I (Ages 4-1/2 to 5-1/2 yrs.)
This 55-minute class is designed for Preschoolers who are ready for more of a challenge. Structured like a Recreational class (no more obstacle courses), the class will focus on building the strength, coordination and flexibility needed to master Rec. I skills. Instructor approval or 2 semesters of Preschool gymnastics is preferred.



REC. 1 & REC. 1 Intermediate (Ages 5 & 6 yrs.)
This class incorporates young girls' love of learning with their longer attention spans by introducing new skills and techniques that build on those learned in our Preschool program. They will learn new ways to roll, improve their cartwheels and strengthen their muscles using stations and drills designed for their age and abilities. We include a variety of challenges that will enhance any sport a girl may play. Each rotation will include skill progressions and gymnastics terminology in the lesson plan.



REC. 2 (Ages 7+ yrs.)
This class is designed to improve gymnasts' flexibility and strengthen their muscles, while our instructors help each student work on individual skills. After a thorough group warm-up, students are divided into ability levels and rotate to their designated events. Proper progressions will enable students to perfect basic skills, including forward rolls, handstands, cartwheels and bridges.



REC. 3 (Ages 7+ yrs.) (Invitation Only)
Rec. 3 gymnasts will concentrate on learning advanced skills that will prepare them for more structured and technical classes. Prospective students must be able to do a back bend and bridge kick-over on the floor or an inclined mat, as well as a back pullover over the bar, or 5 pull-ups. We will include drills to help ease the transition between basic and complex skills. Strength and flexibility will be incorporated into each class.



REC. 4 (Ages 7+ yrs.) (Invitation Only)
This more advanced level of gymnastics is for students with at least two years of experience in Rec. 3 or who have fulfilled the prerequisites, e.g. back walkover, round-off, etc. The instructors will focus on advanced skills and connections, as well as the skills that are taught in our competitive levels (J.O. Levels 3 and 4), preparing gymnasts for a competitive team environment if they decide to join *(an evaluation/invitation is required for team participation)*.



REC. 5 (Ages 7+ yrs.) (Invitation Only)
An invitation to this class requires controlled performances of the challenging skills learned in earlier classes. Students will learn skills performed in our competitive Levels 4 and 5. A great amount of drills and supplementary skills (specific moves needed to perform high-level skills) will be an important part of this class. This will prepare students for the Elite Power Paws class.



ELITE POWER PAWS (Ages 9+ yrs.) (Invitation Only)
This class is for more serious gymnasts who have enough endurance for 1-½ hours of advanced gymnastics and conditioning drills. Students will learn high-level skills done in our competitive gymnastics program. Gymnasts who were in Levels 5 or up will be welcome to join this class, and are encouraged to participate twice a week. The required skills to join this class include two round-off back handsprings on floor.



TUMBLING (Beginner or Advanced) (Ages 7+ yrs.) (Co-ed)
For cheerleaders and parkour stunters alike, this co-ed class is designed for students who want to focus on tumbling, flips and stunts. Gym rotations will include the floor area, trampoline and TumbleTrak. A cartwheel is required for the Beginner class, and a back handspring is required for the Advanced class.

*** Please add an annual Membership Fee of $55 per child, valid through May 31, 2027.**

*** We offer a 10% sibling / 2nd class discount.**

*** 3 make-up classes are allowed per session, per child.**

FALL 2026 - SUMMER 2027 SESSION FEES

TIME	16 wks	17 wks	18 wks	19 wks	20 wks	21 wks
55 mins.	$668.00	$709.75	$751.50	$793.25	$835.00	$876.75
1.5 hrs.	$840.00	$892.50	$945.00	$997.50	$1,050	$1102.50