

Champion Gymnastics USA

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School Year 2018-2019

Starts Sept 4th

Closed for holidays Dec 22- Jan 7th 2019

Smart Gym!

Our smart gym program is a developmental preschool gymnastics Program designed for children from ages 18 months to 5 years old. Age groups divide the classes.

Mommy and Me is a class designed for children from ages 18 months to 3 years old. Parents will be involved in this class with your child. This class is 45 minutes long and meets upstairs in our preschool gym.

Mon 9:45 AM Kelly

Mon 5:45 PM Janel

Weds 6:15PM Kelly

Tues 9:00 AM Bethany

Thurs 10:15 AM Janel

Wee Bees is a class designed for 3 year olds. This class is 45 minutes long and meets upstairs in our preschool gym.

Mon 9:00 AM Kelly

Mon 5:00 PM Janel

Tues 10:45 AM Bethany

Tues 5:30 PM Kerrie

Weds 5:30 PM Kelly

Thurs 9:30 AM Janel

Busy Bees is a class designed for 4 year olds. This class is 55 minutes long and meets upstairs in our preschool gym.

Mon 10:30 AM Kelly

Mon 6:30 PM Janel

Tues 9:45 AM Bethany

Weds 4:30 PM Kelly

Thurs 11:00 AM Janel

Kinder Bees is a class designed for 5-6 year olds that in/or entering Kindergarten. This class is 55 minutes long and meets in our preschool gym.

Mon 4:00 PM Janel

Tues 4:30PM Kate

Tues 6:15 PM Kerrie

Weds 7:00 PM Kelly

Thurs 4:30 PM Kate

Sat 10:00 AM Kate

Level One. This class teaches introductory gymnastics for ages 6 and up. This is the perfect class for girls with little or no prior gymnastics experience. Level one class meets in the main gym and the class is 55 minutes long.

Mon 4:30 PM Kate

Mon 5:30PM Noelle

Mon 6:30 PM Noelle

Mon 7:30 PM Noelle

Tues 4:30 PM Noelle

Tues 6:30 PM Kate

Tues 7:30 PM Noelle

Weds 4:30 PM Kate

Weds 5:30 PM Noelle

Weds 7:30 PM Noelle

Thurs 5:30 PM Madison

Thurs 7:30 PM Madison

Sat 9:00 PM AM Kate

Sat 12:00 PM Kate

Level Two. This class is the next step for girls that have completed Level One. You must have passed level one or have staff recommendation to enroll in this class. This class is 55 minutes long and meets in our main gym.

Mon 4:30 PM Noelle

Mon 5:30 PM Kate

Mon 7:30 PM Kate

Tues 5:30 PM Kate

Weds 4:30 PM Noelle

Weds 5:30 PM Kate

Weds 6:30 PM Noelle

Weds 7:30 PM Kate

Thurs 6:30 PM Madison

Sat 11:00 AM Kate

Level Three. This class is the next step for girls that have completed Level Two. This class is offered in 55, 85 and 115 minute classes and meets in the main gym.

Mon 6:30 PM Kate

Tues 7:30 PM Kate

Weds 6:30 PM Kate

Thurs 5:30 PM Kate

Level Three/Four

This class is perfect for the more advance level 3 students or intro level 4 students. Classes are 115 minutes long.

Thursday 6:30 PM -8:25 PM Kate

Level Four. This class is for students that have competed all the requirements of Level Three. This class is only offered in a 2 hour format and meets in the main gym.

Wednesday 6:30 PM – 8:25 PM Janel

Tramp and Tumbling class. This class works on skills for trampoline and tumbling. This class will teach trampoline skills and also teach basic tumbling skills. This class is 55 minutes long and meets in the main gym.

Tuesday 7:15 PM Kerrie

Boy's Only class. This class is designed for boys ages 6 and up. The class works on teaching basic gymnastics and strength and fitness to boys. This class is 55 minutes long and meets in the main gym.
Monday 7:30 PM Janel

V 8.9.18