



A Great Place to Grow!



Mountain Gymnastics Schedule 2024-2025

Since 1976 our mission has been to provide a great foundation for kids of all ages to develop strength, flexibility, balance, spatial awareness, and confidence through professional gymnastics training.

Moonbeamers walking to age 3

What do you do with a busy toddler? Bring them to gymnastics! This 45-minute parent-shared program presents a wide variety of movement activities, obstacle courses, ball-handling games, music, and rhythm in a playful learning atmosphere.

Pick the day and time that works for you:

Tues, Weds, Thur or Sat. 9:15-10:00 or 10:15-11:00 am
(exception: no Thurs 10:15)

\$112.00 /4-week session



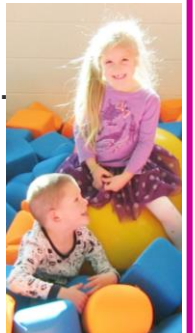
Rainbow Riders ages 3-5

Mountain Gymnastics offers a unique opportunity for children to lay the foundation for excellent motor-abilities in a positive and fun environment. Strength, flexibility, balance, spatial awareness, and confidence are inherent in gymnastics training. Our fun and professional staff help provide a wonderful start to life-long learning and exercise.

Pick the day and time that works for you:

Mon, Tues, Wed, Thurs, Fri or Sat. 9:00-10:00 am or 10:15-11:15 am
(exception: no Thurs or Fri 10:15)

\$135.00 /4-week session



What to Wear for Gymnastics Classes

In all classes, appropriate attire is required.

Leotard and or tank/t-shirt with workout shorts/sweats.

Long hair tied back & bare feet.



Please **NO**: Jeans, jewelry, watches, or clothing with hoods, buckles, or zippers.

Check out the leo selection at our Warm Ups Coffee & Clothing Shop located inside Mountain Kids!!



Rainbow Riders & Creative Ballet Combo ages 3-5

This class combines our Rainbow Riders and Creative Ballet into a one-hour class. Creative Ballet explores a variety of movement experiences, rhythmic, loco motor activities, and basic ballet vocabulary. Props, music and imagery combine to make this class a wonderful introduction to the world of dance and movement.

Sat 10:15-11:15 am
\$135.00 /4-week session



GymStars age 5+

The sport of gymnastics has much to offer the young athlete. In addition to balance, strength, flexibility, overall coordination, spatial awareness & self-confidence, gymnastics is FUN! Classes are organized so that safety & fun combine for an optimal learning experience. Fundamental skills are taught at all levels in a consistent, progressive manner to provide success in gymnastics & other sports.

Girls GymStars 1.5 hr for ages 5+ **Choose a day:**
Mon, Tues, Wed, Thurs or Fri 4:15-5:45 pm or Sat. 9:00-10:30 **\$203/ 4 wks**

Girls GymStars 2 hr for ages 5+ **Choose a day:**
Mon, Tues, Wed, Thurs or Fri 4:15-6:15pm or Sat. 10:30-12:30 **\$238/ 4 wks**

Girls Pre-Team (by invitation) 4 hrs/week **Choose 2 days:**
Mon, Tues, Wed, Thurs or Fri 4:15-6:15 or Sat. 11:30-1:30 **\$368 / 4 week session**



Ninja Zone ages 4+

Ninja classes feature a discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts and more!



Pick the day and time that works for you:

Lil Ninja ages 4-5

Mon or Tues 11:35am-12:35pm

Sat 11:35am-12:35pm

White Ninja ages 6-10

Mon or Tues 4:15-5:15pm

Sat 11:35am-12:35pm



\$135/ 4-week session

Ninja Uniform \$25.00 (required)



Mountain Cheer 6+

Our cheer program aims to provide a FUN environment for kids to learn to TUMBLE! STUNT! JUMP! CHEER! ...and more!!!

Shooting Stars: Beginner

Tues 4:15-5:15 \$135/4-week session

Super Novas: Beginner/Intermediate

Wed 4:15-5:45 \$203/4-week session

Shooting Stars: Intermediate/Advanced

Thur 4:15-5:45 \$203/4-week session



Mountain Dance Classes ages 3+

For a complete listing of all our Dance classes, please see our **Mountain Dance Flier**



Mountain Preschool



Set your child up for success by enrolling them in **Mountain Kids Preschool!**

Where fun & learning go together!

Gymnastics & Music classes included!!

Two-Day Class:(3yr old) T/Th 8:30-11:30 or 12:30-3:30
Three-Day Class:(4yr old) M/W/F 8:30-11:30 or 12:30-3:30

Five -Day Class:(4yr old) Mon-Fri 12:30-3:30

See Preschool Flier for more details!!



Later Gators

Afternoon preschoolers can stay until 4:00 as part of the Later Gators!! Drop-in fee of just **\$5.00** per day!

Birthday Parties:

Birthday parties at Mountain Kids feature one hour of organized, action packed FUN in the gym, including a Giant Obstacle Course/Trampoline/Games and more!! Activities will be suited to the age group of the children and directed by one of our party experts! Gym time is followed with time in the party loft for cake & presents!



Parties are offered:

Saturdays at 4:00

Sundays at 10:00, 12:30 and 3:00.

The cost is **\$250 for up to 14 kids!**

Call or stop by the front office to reserve your birthday party date!



Girls TEAM

Mountain Kids offers **USAIGC Team**

(United States Association of Independent Gymnastics Clubs).

Our team program strives to provide a progressive setting where the students develop strength, flexibility, & fundamental gymnastics skills all within a safe, structured, disciplined, yet enjoyable & fun atmosphere **TEAM** is by invitation.

