



A Great Place to Grow!



Mountain Gymnastics Summer Schedule 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, Wed, or Sat. 9:15-10:00 or 10:15-11:00 am

\$140 / 5 weeks

MOONBEAMERS



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, Weds, Thurs or Sat. 9:00-10:00 am or
10:15-11:15 am

\$168.75/ 5 weeks

RAINBOW
RIDERS



Ninja Zone Ages 4-8

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



Lil Ninja ages 4-5

Mon or Tues, 10:15-11:15 am
Sat 11:35am-12:35pm

White Ninja ages 6-8

Mon or Tues, 4:15pm-5:15pm
Sat 11:35am-12:35pm



NINJA

\$168.75/ 5 weeks
\$25 Uniform required

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

\$168.75/ 5 weeks

COMBO



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 5-8 Mon, Tues, Wed, Thurs 4:15-5:45 pm or Sat. 9:00-10:30am

\$253.75/ 5 weeks

Girls GymStars 2 hr for ages 5-12 Mon, Tues, Wed, Thurs 4:15-6:15 pm or Sat. 10:30-12:30

\$297.50/ 5 weeks

Girls Pre Team 4 hrs/week **Pick 2 days:** Mon, Tues, Wed, Thurs 4:15-6:15 pm, Sat 10:30-12:30
(by invitation)

\$460/ 5 weeks

GYMSTARS



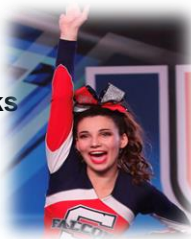
Mountain Cheer 6+

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

Super Novas: Beginner/Intermediate
Mon 4:15-5:45 \$253.75/ 5 weeks

Sun Flares: Intermediate/Advanced
Thur 4:15-5:45 \$253.75/ 5 weeks

Tumble Technique Class:
Sat 11:30am-1:00pm \$253.75/ 5 weeks



CHEER

Mountain Summer Dance Camps ages 3+

Lil' Kids Dance Camps, ages 3-7
Kids Dance Camps, ages 6-10
TEEN Dance Intensive ages 11+

For a complete listing of our Dance classes and Dance Camps, please see our

Mountain Dance Flier



DANCE

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 room for cake & presents!

Parties are offered on Saturdays 4:00pm, Sundays-10:00am, 12:30 pm or 3:00pm.
The cost is \$250.00 for up to 14 children.

To Schedule A Party:

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



BIRTHDAYS

2025 Summer Day Camp Ages 5-12

June 2-Aug 8

We offer a variety of activities and schedules to provide a summer full of fun and discovery for children 5 – 12. Activities include on-site warm-water swimming lessons and open swim, gymnastics and local field trips including: roller skating, biking, local parks, mini golf, bowling, science, movies, Dairy Queen, arts & crafts and more!

Camp activities run between **9:00 am and 4:30 pm** with extended hours between 7:15 am and 5:45 pm for no additional charge.

Choose between Full- Time or Part-Time for each week of camp.

Full Week (up to 5 days) \$440

3 days (choose any 3) \$344

Camper Registration Fee \$100.

Registration packets are available at the front desk or online!! Packets must be complete in order to register.



DAY CAMP

Minimum enrollment of four weeks is required for camp.

Warm Water Swimming Lessons: age 6 mo. – 12 yrs

We feature a beautiful, shallow, warm-water teaching pool. Since our pool is designed for learning, we maintain a water temperature of approximately 90 degrees. The shallow end is just over two feet deep, in order to help young swimmers feel comfortable in the water right from the start. Our certified staff, small classes, and progressive curriculum are ideal for swimmers of all levels. Morning and evening classes are offered in two-week blocks. Our swimming program runs June-August. Payment is required at time of registration in order to reserve your class.

Morning & Evening classes*\$157/ eight class session

All classes are 35 minutes long and meet

Monday through Thursday in two-week blocks.

We offer a variety of swimming levels at each class time during these sessions.

Please see our swim flier for specific times and session dates.



SWIMMING

Girls Team

Mountain Kids offers USAIGC Team.

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.

TEAM



Gymnastics



Dance



Ninja



Cheer



Preschool



Summer Day Camp



Warm Water Swimming



Birthday Parties



Warmups Coffee & Clothing

(970) 482-3118

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