

A Great Place to Grow!

Mountain Gymnastics Schedule 2025-2026



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, & music, in a playful learning atmosphere!

Pick the day and time that works for you:

Mon, Tues, Weds, Thur or Sat. 9:15-10:00 or 10:15-11:00 am \$116.00 /month (exception: no Thurs 10:15)

Afternoon-<u>Intro to Moonbeamers</u>-walking to age 3 Music, Obstacle course, games & more! Pick the day and time that works for you:

30 minute class: Mon. Tues. or Weds 4:30-5:00pm \$70.00 /month





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 & 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 \$140.00 /month (exception: no Thurs or Fri 10:15)

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.

Choose a day and time: Monday 9:00-10:00 or Sat 10:15-11:15 am \$140.00 /month





Introduction to Gymstars ages 4-5

An hour long class targeted towards younger girls with no prior gymnastics experience. Focus will be on basics and drills in hopes of ensuring a smooth transition into our Gymstars program as their skills improve.

Choose a day and time: .

Mon, Tues, Wed, or Thurs 10:00am-11:00am

Mon, Tues, Wed, Thurs, Fri or Sat 3:30pm-4:30 pm \$140.00 /month

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 \$212/ month

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 \$248/ month

Girls Pre-Team (by invitation) 4 hrs/week Choose 2 days: \$382 / month Mon, Tues, Wed, Thurs or Fri 4:15-6:15 or Sat. 11:30-1:30

ITS BACK!!!!

BOYS Gym Stars-1.5 hr for ages 5+ Choose a day:

Mon or Wed 4:15-5:45 pm \$212/ month





GALAXY GANG ages 8-12

This 30-minute adaptive gymnastics class is designed to support children with special needs by providing a safe inclusive environment to build strength coordination and confidence. Classes will be tailored to meet individual abilities

Choose a day:

Mon or Tues 3:00-3:30 \$70/month

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



Ninia Uniform \$25.00 (required)

Mountain Cheer ages 3+

Our cheer program aims to provide a **FUN** environment for kids to learn to STUNT! JUMP! TUMBLE! CHEER! & MORE! For a complete listing of all our Cheer classes, please

see the Mountain Cheer Flier









Mountain Dance Classes ages 3+

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



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.





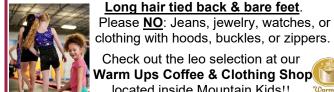






What to Wear for Gymnastics Classes

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

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



Mountain Preschool ages 3-5







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

Where fun & learning go together! Gymnastics & Music classes included!!

See Preschool Flier for more details!







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 are directed by our party experts! Also included is time in our party area 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! Please see our



For additional information & exciting party add on options!!









