



# 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-Intro to Moonbeamers**-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**



**\$140/ month**

**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

**Mountain Dance Flyer**



### **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 clothing with hoods, buckles, or zippers.

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

**Birthday Party Flier**

For additional information & exciting party add on options!!

