

# Summer Schedule 2026

Celebrating



Years!

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 Thur 9:15-10:00am  
Mon, Tues, Wed, or Thur 10:15-11:00am  
Sat. 9:15-10:00am, 10:15-11:00am  
or 11:15am-12:00pm

\$145/ 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:

Tues, Weds, or Thurs 9:00-10:00am  
Mon, Tues, Weds, or Thurs 10:15-11:15am  
Sat 9:00-10:00am, 10:15-11:15am  
or 11:15am-12:15pm

\$175/ 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** age 4

Sat 11:35am-12:35pm

**White Ninja** ages 5+

Mon or Tues, 4:15-5:15pm

Sat 11:35am-12:35pm

Yellow And Green Advanced Ninja available by Invitation only.

\$175/ 5 weeks \* \$25 Uniform required

**NINJA**



**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.

Mon 9:00-10:00am

Wed 10:15-11:15am

Sat 10:15-11:15am

\$175/ 5 weeks

**COMBO**



**Introduction to Girls 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 or Wed, 10:00-11:00am

Tues or Thurs 3:30-4:30pm \$175/ 5 weeks

**INTRO TO GYMSTARS**



**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, or Thurs 4:15-5:45pm or Sat. 9:00-10:30am \$265/ 5 weeks

**Girls GymStars 2 hr** for ages 5+ Choose a day:

Mon, Tues, Wed, or Thurs 4:15-6:15pm or Sat. 10:30am-12:30pm \$310/ 5 weeks

**Girls Pre-Team** (by invitation) 4 hrs/week Choose 2 days:

Mon, Tues, Wed or Thurs 4:15-6:15pm \$477.50/ 5 weeks

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

Mon or Wed 4:15-5:45pm \$265/ 5 weeks



## 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 our **Mountain Cheer Flier**



**CHEER**

## 2026 Summer Day Camp Ages 5-12 June 1-Aug 7

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, parks, mini golf, bowling, science, movies, Dairy Queen, arts & crafts and more! Camp activities run between **9:00am and 4:30pm** with extended hours between 7:15am and 5:45pm for no additional charge.

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

**Full Week** (up to 5 days) \$495

**3 days** (choose any 3) \$390

**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.

Please see our **Day Camp Flier** for more details!

## Mountain Summer Dance Programs ages 2+

### Morning Dance Camps, ages 2-10

**5-day themed camps in June and July**

Themes include Pop Star, Taylor Swift, Fairy Ballet, Under the Sea, Nutcracker, TikTok, Princess and Broadway

### Evening Dance Camps, ages 3-18

**Weekly classes all summer**

Monday: Jazz Tuesday: Lyrica

Wednesday: Hip Hop Thursday: Ballet



For full schedules and details of Dance classes/Dance Camps, please see our **Mountain Dance Flier**



## Birthday Parties: Gymnastics or Dance Parties!

Birthday parties at Mountain Kids feature one hour of organized, action packed **FUN** in the gym or dance studio! **Gymnastics Parties** include structured play time on the Giant Obstacle Course, Trampoline and Foam Pit with Games, Parachute and more!!

**Dance Parties** include a high energy dance class with fun movement, from ballet to hip hop plus creative games and activities! Choose from a variety of themes!

Activities will be suited to the age group of the children and directed by one of our birthday party experts! Party time is followed with time for cake & presents!

**GYM Parties** are offered on Saturdays 4:00pm, Sundays-10:00am, 12:30pm or 3:00pm.

**DANCE Parties** are offered on Saturdays 3:30pm, Sundays-9:30am, 1:00pm or 4:00pm.

**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!!

Ask about our **Princess, Ninja or Inflatable** Add-Ons!!

Please see our **Birthday Flier** for more details!

**BIRTHDAYS**



## 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\*\$160/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**



**TEAM**

## Girls Team



Mountain Kids offers USAIGC Team. Our team program strives to provide a progressive setting where the students develop strength, flexibility, and fundamental gymnastics skills all within a safe, structured, disciplined, yet enjoyable & fun atmosphere.

Team is by invitation.

