

AGA Class Description

Playful Pals (ages 3 & 4)

\$26.00

This 45 minute class is a parent/child class for ages 3 & 4 years old. While using gymnastics equipment, students will be introduced to body positions, following directions, taking turns, and basic gymnastics skills that focus on coordination, balance and flexibility. They will have fun exploring what their young bodies are capable of doing!

Beginners ages 5-12

1x \$32 2x \$52

This hour and 15 minute class is a perfect for the gymnast that is just getting started! These students will be introduced to all the basic equipment, body positions, and beginning skills involved with gymnastics. They will be challenged to increase their strength and flexibility, which will improve their overall level of body awareness and health.

Intermediates ages 5-12

1x \$32 2x\$52

This hour and 15 minute class is for students who have mastered the beginning skills. This level continues to build on the previous level, introducing the combination of skills and more intermediate skills, strength and flexibility.

Advanced ages 5-12

1x \$45 2x \$65

This 2 hour class is for students who have mastered the intermediate skills. This level builds on the previous level with a more advanced challenge from the coaches. An instructor will also be working with the gymnasts on the importance of dance in floor and beam. This level is for the gymnast that is planning on staying with this sport and advancing towards MS-HS gymnastics.

Elite

1x \$45 2x \$65

This is a 2 hour class and is for the student who has strong gymnastics basics, and is ready to proceed beyond the average skill level. Increased strength and flexibility will be emphasized as we move toward more advanced skills. An instructor will also be working with the gymnasts on the importance of dance in floor and beam. This level is for any age before 6th grade.

Fabulous Flyers

1x \$45 2x\$65

This is a 2 hour class that the athlete can attend once or twice a week. This class is directed to those students who want to explore the competitive aspect of gymnastics in Middle School. This training will enhance their abilities, as well as give them some of the individual attention they need to be able to compete confidently. An instructor will also be working with the gymnasts on the importance of dance in floor and beam. Previous MS competition experience or will be in the 6th grade in the following school year.

Competitive Flyers

Entire Summer: 2x \$220 4x \$320

This is a 2 hour class that the athlete can attend 2- 4 times a week. There is also an open gym on most Friday's that they may attend if enrolled in a class. This class is directed to the previous JV and V competitive athlete. An instructor will also be working with the gymnasts on the importance of dance in floor and beam. This training is imperative to keep the HS athlete conditioned current skills strong and it is the time to learn new, more advanced skills to prepare for HS competition. If the athlete has shown excellent progress in their skill level they will also be asked by the coach to train in this highest level.

Conditioning

This class is directed to the MS-V athlete. This class time is designed to strengthen the gymnast's body for this sport. A trained NSU conditioning coach will instruct this training. The importance of strength and flexibility in this sport is a must to see results in your skills and to protect the body from injury and fatigue.

Open Gym

Open gyms may be available on Fridays from 1-3pm for the MS-V athlete. Open gyms are only supervised by an AGA coach and are not a planned practice. Gymnasts that come to open gyms must have goals in mind of what they want to accomplish. They are to work each event and balance out their time. This open gym setting is also good for working on season routines as well as conditioning. *The dance instructor may be available to work floor and beam routines upon request.*