

School Year 2010-2011

at



205-981-2720
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Visit us at www.headoverheelsgyms.com

★ Parent/Child Intro Classes:

The goal of this class is to promote fitness and introduce young children to gymnastics activities. Parents will assist their children as they jump, climb, crawl, swing and hop on our gymnastics equipment in age appropriate activities designed to build strength, coordination and fitness. Our youngest students will have more freedom to explore the world of movement and will move easily into the more skill-oriented Parent/Child Pre 2 classes.

Ages: Walking to 2 years. Class 30 minutes.

- ▶ Monday—5:45-6:15 pm
- ▶ Tuesday—9:30-10:00 am
- ▶ Thursday—10:00-10:30 am

★ Parent / Child Classes:

Our Parent/Child classes are designed to introduce you and your child to the fun of gymnastics and fitness. Our instructors guide classes through warm-ups and stretching, activities on mats, balance beams, bars, mini-trampolines and vault. Participation builds strength, balance, coordination and locomotor skills.

Ages: 18 months to 3 years, Class: 45 min.

- ▶ Monday—9:30 am - 10:15 am
- ▶ Wednesday—11:00 am - 11:45 am
- ▶ Thursday—5:45 pm - 6:30 pm

★ Preschool 3 & 4 Year Old Classes:

For 3 & 4 year olds who are ready to explore the world of gymnastics on their own! Age appropriate activities teach gymnastics and movement skills while building strength and coordination. This is an important time for a 3 year old. It is a transitional period from parent led activities to independent and instructor led classes. If needed, parents may enter the gym area to sit and assist their child in getting acclimated to classes.

Ages: 3 to 4 years, Class Length: 55 minutes
3 Year Olds Only

- ▶ Monday—4:45 pm
- ▶ Tuesday—10:30 am; 6:15 pm
- ▶ Wed—10:00 am; 5:30 pm
- ▶ Thursday—4:45 pm, ▶ Friday—1:30 pm
- ▶ Sat—9:00 am

3 & 4 Year Olds—▶ Monday—10:30 am

★ Preschool 4 & 5 Year Old Classes:

Fun and exciting classes designed to enhance movement skills while learning the fundamentals of gymnastics on vault, bars, balance beam, and tumbling. Eye-hand coordination will be enhanced through the use of balls, bean bags and hoops.

Ages: 4 to 5 years, Class Length: 55 minutes

- ▶ Monday—1:30 pm; 3:45 pm; 6:00 pm
- ▶ Tuesday—9:30 am; 3:30 pm; 5:30 pm
- ▶ Wed—11:00 am; 3:30 pm; 4:30 pm
- ▶ Thursday—10:00 am; 4:15 pm; 6:00 pm
- ▶ Fri—1:30 pm, ▶ Sat—10:00 am

★ Preschool 4 & 5 Advanced:

This class is recommended for older preschoolers with previous gymnastics experience in our 4/5 classes and recommendation of instructor. Gymnasts should be able to do forward rolls, backward rolls and cartwheels. Students will build beyond their basic skills and be introduced to higher level skills.

Ages: 4 to 5 years, Class Length: 55 minutes

- ▶ Monday—4:30 pm
- ▶ Tuesday—1:30 pm; 5:45 pm
- ▶ Thursday—1:30 pm; 4:00 pm

★ All-Sports 4 & 5 yrs.

A new class to promote sport readiness and fitness for 4 and 5 year olds! Students will build strength and coordination while developing basic skills in ball sports (basketball, soccer, baseball) along with basic gymnastics skills that build toward the speed and agility needed for boys and girls to get ready for all fall sports with this high-energy class.

Ages 4 to 5 years. Class length 55 minutes.

- ▶ Tuesday—10:30 am

★ Elementary 1 Classes:

An entry level class that will teach basic skills and challenge elementary students with new skills. Basic skills taught will include cartwheels, handstands, rolls, vault, bar skills, beam skills and trampoline safety and skills.

Ages: 6 to 9 years, Class: 55 minutes

- ▶ Monday—3:30 pm; 4:15; 6:00 pm
- ▶ Tuesday—6:30 pm; 6:45 pm
- ▶ Wed—4:00 pm
- ▶ Thursday—3:30 pm; 4:30 pm; 6:15 pm
- ▶ Friday—3:30 pm, ▶ Sat—9:00 am

★ Elementary 2 Classes:

A more advanced class for elementary students with gymnastics experience. Gymnasts should be able to do cartwheels, forward rolls, backward rolls, handstands and basic bars, beam & vault skills. Previous experience in the Elementary 1 class and recommendation of instructor are needed to enroll.

Ages: 6 to 9 years, Class: 55 minutes

- ▶ Monday—4:00 pm
- ▶ Tuesday—4:30 pm; 6:45 pm
- ▶ Wed—4:30 pm; ▶ Thurs—3:45pm ; 5:00 pm
- ▶ Sat—10:00 am

★ Middle School Classes:

Created for the middle school age group, this is an entry level class that will teach basic skills and challenge students with new skills. Basic skills taught will include cartwheels, handstands, rolls, vault, bar skills, beam skills and trampoline safety and skills. Middle school 1 & 2 skills are included in curriculum.

Ages: 10+ years, Class Length: 55 minutes

- ▶ Monday—6:45 pm, ▶ Wed—5:00 pm

★ Boys Classes:

While boys are welcome in all our preschool classes, we know boys sometimes prefer to learn in a group of their own! Tumbling, rings, vault, bars, pommel horse and trampoline skills are taught with lots of fun tailored just for boys. Fitness and strength skills will also be taught to improve performance in gymnastics and other sports.

Class Length: 55 minutes

Ages 4 & 5 ▶ Tues—5:45 pm; ▶ Wed—3:30 pm;

▶ Thurs- 11:00 am

Ages: 6+ years:

- ▶ Monday—6:30 pm ▶ Tues 3:30 pm
- Boys Developmental/PreTeam (by invitation)
- ▶ Thursday—6:30-8:00 pm; 90 minutes

★ Tumbling & Trampoline Classes:

From rolls to cartwheels and back handsprings, tumbling skills and progressions will be taught in this class. Trampoline skills begin with basic jumps and progress to saltos (flips). Students will be able to progress to compete in USAG Tumbling and Trampoline events (by invitation to T&T team).

(Boys & Girls) Class: 55 minutes

Ages: 4 - 5 years ▶ Wednesday—1:30 pm

Ages: 6+ years ▶ Tuesday—4:30 pm

★ Silver Starz Classes:

Silver Starz Class is our bridge program from classes to competitive gymnastics. It is a progressive program that will begin with USAG level 3 skills and routines and may choose to participate in inter-squad meets. Silver Starz is by staff recommendation or evaluation.

Ages: 6+ years, Class Length: 90 minutes

▶ Silver Starz level 1 & 2—

Monday—5:30 pm; Tuesday—3:30 pm

▶ Silver Starz level 2 & 3—Thursday—5:30 pm

★ Back Handspring Classes:

Everyone wants to do a back handspring! This introductory class begins with basic drills and techniques to acquire a back handspring and round-off back handspring. Students must be able to demonstrate a kick up to handstand with acceptable form and hold a backbend for 5 seconds.

Ages: 6+ years, Class: 55 min ▶ Wed—6:30 pm

★ Cheernastics Classes:

Classes include gymnastic and cheer tumbling on various surfaces. Students will also learn cheer jumps, motions and cheer styling.

Class Length: 55 minutes

Ages: 6-10 years ▶ Tuesday—6:30 pm

Ages: 11+ years ▶ Wed—5:30 pm