



A Great Place to Grow!



Mountain Gymnastics Schedule 2020-2021

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:

Mon, Tues, Weds, Thurs, or Sat. 9:15-10:00 or 10:15-11:00 am
Fri 9:15-10:00 am Tues 5:15-6:00pm **\$88.00 / 4 week session**



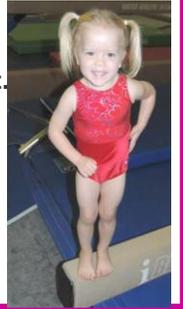
Rainbow Riders ages 3-5

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:

Mon, Tues, Weds, Thurs, Fri or Sat. 9:00-10:00 am or 10:15-11:15 am
(exception: no Thurs or Fri 10:15)
Tues or Wed 5:15-6:15pm

\$103.00 / 4 week session



Rainbow Connection ages 4-5

(teacher recommendation is required)

This class is for more advanced preschoolers or kindergarteners who have been in the Rainbow Rider program and are ready for more challenging skills.

Tues 9:00-10:15 am
\$133.00 / 4 week session



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 9:00-10:00 am
Sat 10:15-11:15 am
\$103.00 / 4 week session



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, Fri 4:15-5:45 pm
or Sat. 9:00-10:30 & 10:30-12:00 **\$155.00/ 4 wks**

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

Mon, Tues, Wed, Thurs, Fri 4:15-6:15pm
or Sat. 10:30-12:30 **\$184.00/ 4 wks**

Girls Pre Team (by invitation) 4 hrs/week

Choose 2 days:

Mon, Tues, Wed, Thurs, Fri 4:15-6:15 pm
Or Sat 10:30-12:30 **\$287.00 / 4 weeks**



Ninja Zone ages 4+

Ninja classes feature a discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts and more!

Lil Ninja ages 4-5

Monday or Thursday 11:45-12:45pm

Sat 11:35am-12:35pm

White Ninja ages 6-8 ,

Monday, Tuesday, Wednesday or Thursday 4:15-5:15pm

Sat 11:35am-12:35pm or 12:45pm-1:45pm

\$103.00/ 4 weeks

Ninja Uniform \$20.00
(required)



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www.mountain-kids.com