



A Great Place to Grow!



Mountain Gymnastics Schedule 2021-2022

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 **\$95.00 /4-week session**

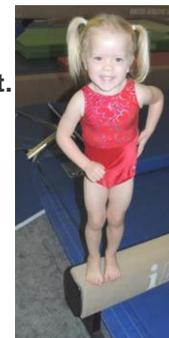


Rainbow Riders ages 3-5

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 Fri 10:15)
\$112.00 /4-week session
Wed or Thurs 1:30-2:30* (afternoon rate: **\$95.00/4 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
\$144.00 / 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
\$112.00 /4-week session

Wed 1:30-2:30 pm
*(afternoon rate **\$95.00/4 week**)



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 **\$168.00/ 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 **\$199.00/ 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 **\$310.00 / 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 and 12:45pm-1:45pm

White Ninja ages 6-8 ,

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

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

Pick the day and time that works for you:

\$112.00 4-week session



Ninja Uniform \$20.00
(required)



What to Wear for Gymnastics Classes

In all classes, appropriate attire is required.

Leotard and or tank/t-shirt with workout shorts/sweats.

Bare feet and long hair tied back.

Please, **NO** jeans, jewelry, watches, belts or clothing with hoods, buckles, or zippers

Mountain Dance Classes ages 3+

For a complete listing of all our Dance classes , please see our

Mountain Dance Flier



Girls TEAM

Mountain Kids offers **CARA**

(Colorado Association of Recreational Athletics) and **USAIGC**

(United States Association of Independent Gymnastics Clubs) Teams.

Both Team programs strive 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.



Mountain Preschool



Set your child up for success by enrolling them in **Mountain Kids Preschool!**

Where fun & learning go together!
Gymnastics & Music classes included!!

Two-Day Class:(3yr old) T/Th 8:30-11:30 or 12:30-3:30
Three-Day Class:(4yr old) M/W/F 8:30-11:30 or 12:30-3:30

Five -Day Class:(4yr old) Mon-Fri 12:30-3:30

See preschool flier for more details!!



Later Gators

Afternoon preschoolers can stay until 4:00 as part of the Later Gators!! Drop-in fee of just **\$5.00** per day!

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 will be suited to the age group of the children and directed by one of our party experts! Gym time is followed with time in the party loft 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 16 kids!**

Call or stop by the front office to reserve your birthday party date!

