

HOW DO I DETERMINE THE APPROPRIATE CLASS FOR MY CHILD?

Based on your child's age, we offer two class options: our 45-minute Tiny Tumblers class for children ages 3-5 and our 60-minute Gym 1 through Gym 6 classes for children ages 5 and up. For 5-year-olds, we suggest parents assess whether their child would thrive better in the more intimate Tiny Tumblers class, which offers a shorter session in a private space, or in the Gym 1 class, which is ideal for more outgoing and confident children in the larger gym setting.

For beginners, either Tiny Tumblers or Gym 1 is an appropriate starting point. For children over 5 with prior gymnastics experience, parents can refer to the skill list available to select the class best suited to their child's abilities. After the first class, the coach will evaluate the child's progress and inform parents if a class change is necessary.