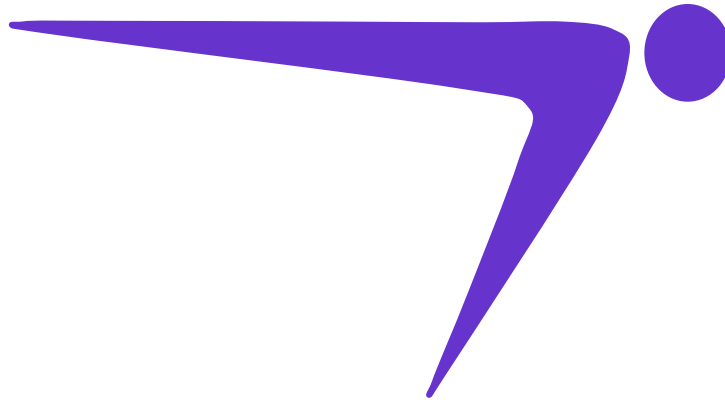


# Poway Gymnastics



Call [\(858\) 748-1716](tel:8587481716) to set up your free trial class!

12850 Brookprinter Place  
Poway, CA 92064

## **Mom & Tot (Walking to 3 yrs old )**

Thursday 10:45am – 11:15am

Saturday 8:30am-9:00 am

## **Supertot (3 to 5 years old)**

Tuesday 10:00am-10:45am, 10:45am-11:30am

Thursday 10:00am-10:45am

Friday 3:00pm-3:45pm

Saturday 9:00am-9:45am, 9:45am-10:30am

## **Tumbling & Trampoline (5 and over )**

Wednesday 6:00pm-7:30pm

## **Ninja Classes (5 and over)**

Monday 6:00pm-7:00pm

Thursday 6:00pm-7:00pm

## **Beginner & Advanced Beginner Boys**

(5 and over )

Friday 4:00pm-5:30pm

## **Mighty Might Girls (5 to 8 years old )**

Monday 3:40pm-4:40pm, 4:30pm-5:30pm

Tuesday 3:40pm-4:40pm, 4:30pm-5:30pm, 5:30pm-6:30pm

Wednesday 3:40pm-4:40pm, 4:30pm-5:30pm

Thursday 4:00pm-5:00pm

Friday 4:30pm-5:30pm, 5:30pm-6:30pm

Saturday 10:30am-11:30am, 11:30am-12:30pm

## **Teal Girls (9 and over )**

Monday 4:30pm-6:00pm

Tuesday 5:30pm-7:00pm

Wednesday 4:30pm-6:00pm, 6:00pm-7:30pm

Thursday 4:00pm-5:30pm, 5:30pm-7:00pm

Friday 4:00pm-5:30pm

Saturday 10:30am-12:00pm, 12:00pm-1:30pm

## **Orange and Purple Girls (9 and over )**

Monday 5:30pm-7:30pm

Wednesday 4:00pm-6:00pm

Thursday 4:00pm-6:00pm

Saturday 12:00pm-2:00pm

## **High School Gymnastics**

Tuesday 6:30pm-8:30pm

Thursday 6:30pm-8:30pm

## **Excel Bronze**

Tuesday 6:00pm-8:30pm

Thursday 6:00pm-8:30pm

## **Excel Silver**

Monday 6:00pm-8:30pm

Wednesday 6:00pm-8:30pm

## **Excel Gold**

Monday 6:00pm-8:30pm

Wednesday 6:00pm-8:30pm

Friday 6:00pm-8:30pm

POWAY GYMNASTICS is dedicated to having a safe learning environment for boys and girls of all levels. We feel gymnastics is the basis of all sports. Gymnastics instills self confidence, discipline, strength, flexibility, and body awareness.

POWAY GYMNASTICS is the best equipped gymnastics facility in San Diego County. We have 17 Balance Beams, 12 Bar Stations, 3 Vaulting Stations, a full size Stratum Floor Exercise, 72 foot Power Tumbling Strip, Tumbling Trampoline, Rings, Parallel Bars, 2 Horizontal Bars, 2 Pommel Horses, and an in ground Training Pit. We have a Pro Shop, where we carry a full line of Grips, Gymnastics and Dance Apparel.

**OVER 25 YEARS EXPERIENCE!!!  
USA GYMNASTICS MEMBER CLUB!!!  
USA GYMNASTICS SAFETY CERTIFIED!!!  
CPR AND FIRST AID CERTIFIED!!!**

**Mom & Tot (Walking to 3 Years Old)**

These classes are designed for toddlers and their parents to participate together in basic gymnastics, while interacting with other children and the instructor. At this level, students learn educational gymnastics. They will develop basic motor skills, balance coordination, and social interaction, in a fun filled positive atmosphere.

**Super Tot (3 to 5 Years Old)**

These classes are designed for toddlers to participate in basic gymnastics, without their parents, while interacting with other children and the instructor. At this level, students learn educational gymnastics, structure and discipline. They will develop gross/fine motor skills, confidence, balance coordination and social interaction, in a fun filled positive atmosphere.

**Mighty Might Girls (5 to 8 Years Old)**

These classes are designed for girls to learn the basic Gymnastics elements. They will learn skills on the Vault, Bars Beam and Floor, which will enable them to move to the next level.

**Teal and White All-Star Girls (9 and over)**

These classes are designed for girls to learn the basic Gymnastics elements and are 9 years and older. They will learn skills on the Vault, Bars Beam and Floor, which will enable them to move to the next level.

**Orange and Purple All-Star Girls (9 and over)**

These classes are designed for girls to master the transitional skills, and be introduced to the advanced skills.

**Beginner & Advanced Beginner Boys (5 to 7 years Old)**

These classes are designed for boys to learn the basics gymnastics elements. They will learn skills on the six Olympic men's events.

**Ninja (5 and over)**

These classes are designed for boys and girls to increase body control, agility, flexibility, balance and coordination. They will improve muscle and bone strength and burn lots of energy. This high energy class is filled with obstacle courses, strength activities, and teaching students how to safely fall.

**Tumbling & Trampoline (5 and over)**

These classes are designed for boys and girls to learn gymnastics elements. They will learn tumbling skills on the floor and trampoline.