

Leaps & Bounds Gymnastics Class Descriptions

ALL CLASSES: All our classes begin with an age and skill level appropriate warm-up. Sometimes warm-ups are set to music, sometimes they are a game, sometimes they are a conditioning type warm-up. Classes will rotate to 2-5 events each week, dependent on class length and student skill/attention level. The circuits and stations will vary each week to keep students interested. Different circuits and/or stations are set up each week on different events including floor, trampoline, tumble track, air track, balance beam, uneven bars, and vault. We have many fun skill builders and shapes to facilitate your child's learning and keep class exciting!

Baby Leaps: Ages 12-36 months, 45-minute class with parent, 1:1 ratio

This class begins with a fun warm-up set to age-appropriate music including singing, dancing and basic gymnastics stretches. The teacher leads parents and students through a variety of gymnastics activities each week, with explanations of the skill and how to safely spot your child. Students may advance when they turn 3, or prior with instructor approval.

Jumping Beans: Ages 2 & 3 (2 year olds with instructor approval), 30-minute class without parent, Max ratio 1:4

Jumping Beans classes are an introduction to vocabulary and concepts that students need for any sport- speed: slow, fast; directions: forward, backward, side, over; and basic gymnastics stretches/skills. Shorter circuits are set up for this class to match their ability and attention span. The emphasis for this level is on motor skill development, building trust with a teacher, learning to wait for turns, and following directions. Students may advance to Lil' Skippers when they turn 4, or prior with instructor approval.

Lil' Skippers: Ages 3-5 (Not in Kindergarten), 55-minute class, Max ratio 1:6

The emphasis for Lil' Skippers classes is motor skill development, coordination, basic gymnastics skills, and getting comfortable upside down. Skills include, but are not limited to: marching, animal walks, galloping, skipping, chin-ups, forward rolls, log rolls, horsey kicks, tip-toe walks, stretch jump, tuck jump, star jump and many more. Students may advance to Rollers the summer before Kindergarten, or prior with instructor approval.

Rollers: Ages 5-7, 55-minute class, Max ratio 1-8

Twist-Stars: Ages 8+, Max ratio 1:8

Boys Ninjastics: Ages 7-12, Max ratio 1:8 (Boys only)

School-age classes will focus on motor skill development, coordination, endurance, strength, flexibility and basic gymnastics skills. Skills include, but are not limited to: Animal walks, jumping, hopping, galloping, skipping, ½ turns and full turns, straddle jumps, bridge-ups, cartwheels, rolls, handstands, pull-overs, beam mounts and beginning vault skills. Students may advance with age, or prior with instructor approval.

Future Stars: Ages 5+, 1.5 hour class, Max ratio 1:10, Instructor approval only

This is our intermediate/advanced level class. Students will start to work on more difficult skills such as 1-hand cartwheels, round-offs, front and back walkovers, back hip circles, sole circles, handstands on beam, handstand forward rolls and more.

Pre-team: Invite only, 3 hours/week

Students will begin to put skills together to form beginning level competitive routines.

Competitive Team: Invite only, 3-9 hours/week

We offer an all XCEL team levels Bronze-Diamond with sanctioned USA Gymnastics competitive opportunities in northern Indiana, southern Michigan and beyond!

Back Handspring Class: Ages 10+, 55-minute class, Max ratio 1:10

Students must have a cartwheel, round-off, handstand and back bend. This class will focus on tumbling skills leading up to the back handspring and beyond. This is a great class for cheerleaders who want to build stronger tumbling skills!