

Poway Gymnastics



Call **(858) 748-1716** to set up your free trial class!

12850 Brookprinter Place
Poway, CA 92064

Crawling to Walking (crawling to 1.5 yrs old)

- Thursday 11:15am-11:45am

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
- Thursday 10:00am-10:45am, 3:00-3:45pm
- Friday 3:00pm-3:45pm
- Saturday 9:00am-9:45am, 9:45am-10:30am

Ninja Classes (5 and up)

- Monday 6:00pm-7:00pm
- Wednesday 3:40pm-4:40pm
- Saturday 10:45am-11:45am

Tumbling & Trampoline (5 and over)

- Tuesday 5:45pm-7:15pm

Boys Beginner (5 and up)

- Friday 3:40 pm-4:40pm

Beginner Girls (5 to 7 years old)

- Monday 3:40pm-4:40pm, 4:45pm-5:45pm
- Tuesday 3:40pm-4:40pm, 4:45pm-5:45pm
- Wednesday 3:40pm-4:40pm, 4:45pm- 5:45pm
- Thursday 3:40pm-4:40pm, 4:45pm-5:45pm
- Friday 3:40pm-4:40pm;
- Saturday 10:15am- 11:15am, 11:20am-12:20pm

Advanced Beginner Girls (8 and up)

- Monday 3:40pm-5:10pm, 5:15pm-6:45pm
- Tuesday 3:40pm-5:10pm, 5:15pm-6:45pm
- Wednesday 3:40pm-5:10pm, 5:15pm-6:45pm
- Thursday 3:40pm-5:10pm, 5:15pm-6:45pm
- Friday 3:40pm-5:10pm, 5:15pm-6:45pm
- Saturday 10:15-11:45am

Intermediate (8 and up)

- Tuesday 5:15pm-6:45pm
- Wednesday 5:15-6:45 pm
- Thursday 5:15pm-6:45pm

Advanced Intermediate/Advanced (8 and up)

- Monday 4:45pm-6:45pm
- Friday 4:45pm-6:45pm

High School /Adult Gymnastics

- Wednesday 6:30pm-8:30pm

XCEL Bronze

- Monday 5:00pm - 8:30pm
- Wednesday 5:00pm-8:30pm
- Friday 5:00pm-8:30pm
Friday Optional

XCEL Silver

- Monday 5:00pm-8:30pm
- Wednesday 5:00pm-8:30pm
- Friday 5:00pm-8:30pm

XCEL Gold

- Monday 5:00pm-8:30pm
- Wednesday 5:00pm-8:30pm
- Friday 5:00pm-8:30pm

Jr. Pre-Team

- Monday 3:50pm-5:20pm
- Wednesday 3:50pm-5:20pm

Pre-Team

- Tuesday 3:50pm-5:20pm
- Thursday 3:50pm-5:20pm
- Friday 3:50pm-5:20pm

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.

Beginner Girls (5 to 7 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.

Advanced Beginner and Intermediate (8 and up)

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.

Advanced Intermediate and Advanced (8 and up)

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 & 9 and up)

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 up)

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 up)

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