

North Olmsted Gymnastics

Class Explanations & Descriptions

Preschool Programming

Lil Dynamites - Ages 6 months to walking*

This special preschool class creates parent-child bonding time through sensory stimulation, physical play, and brain development. Rocking, rolling, tummy time, and social interaction are key components in these developmental stages and this class provides a unique way for parents and children to explore together. Class structure includes music, circuits, and open play time to provide a fun way to connect with your child through observing and learning.

Tiny Twinklers - Ages walking to 2*

In this class, you will assist your child with the adventure of discovering what their bodies are capable of doing. Your child will explore their balance and coordination while they climb, roam, tumble, play, and interact with other toddlers. Class structure includes ball time, warm up activities, event rotations, and open gym time. Parent participation required.

Spunky Sparklers - Ages 2 to 3*

In this class, you will assist your child with the adventure of discovering themselves in an environment where they can climb, jump, explore, and tumble. Your child will begin to learn how to practice gymnastics skills while focusing on listening, turn taking, and following directions. Class structure includes ball time, warm up activities, event rotations, and open gym time. Parent participation required.

Red Firecracker - Age 3

Preschoolers in this class will get the opportunity to try out their skills on stations created by our coaches on all four events. Your child will learn turn taking, body shapes, gymnastics terms, following directions, and listening skills. Class structure includes warm up activities, two event rotations, and a fun ending activity.

Blue Firecracker - Age 4

Preschoolers in this class will get the opportunity to try out their skills on stations created by our coaches on all four events. Your child will learn turn taking, body shapes, gymnastics terms, following directions, and listening skills. Class structure includes warm up activities, two event rotations, and a fun ending activity.

Silver Firecracker - Age 5

Preschoolers in this class will get the opportunity to try out their skills on stations created by our coaches on all four events. Your child will learn turn taking, body shapes, gymnastics terms, following directions, and listening skills. Class structure includes warm up activities, two event rotations, and a fun ending activity.

All About Me - Ages 2.5 to 3.5

This preschool style class is for the independent toddler that is ready to separate from their parents for a short period of time. Your child will develop a better understanding of themselves, build confidence, and explore their independence through age appropriate activities and gymnastics. Class structure includes warm up activities, basic gymnastics, a craft, and circle/story time.

***Parent participation required.**

Recreational Programming

Beginner - No experience required

Athletes are introduced to the four artistic gymnastics events (vault, uneven bars, balance beam, and floor exercise). Students will work on strength, body control, flexibility, and overall athletic ability. Specific skills include forward and backward rolls, cartwheels and handstands, chin up holds on bars, and walks and jumps on beam. Class structure includes guided warm up, two event rotations, and an ending activity/game.

Advanced Beginner - Evaluation or coach approval required

Athletes will continue to work on the four artistic gymnastics events (vault, uneven bars, balance beam, and floor exercise). Students will focus on body control, flexibility, and upper body strength. Specific key skills in this level include bridge kickovers on floor, pullovers on bars, and exposure to the high balance beams. Class structure includes guided warm up, two event rotations, and an ending activity/game.

Intermediate - Evaluation or coach approval required

Athletes will continue to work on the four artistic gymnastics events (vault, uneven bars, balance beam, and floor exercise). Students are now focusing on higher level skills such as cartwheel and handstands on balance beam, back hip circles on bars, and back handsprings on floor. Class structure includes guided warm up, three event rotations, and an ending game/conditioning.

Tumbling I - No experience required

Athletes will learn the fundamental skills and drills necessary to safely progress to a back handspring. In addition, students will work on building strength, improve flexibility, and learn skills such as cartwheels, roundoffs, and bridge kickovers. Class structure includes guided warm up, two tumbling circuits, and an ending game/activity. **Perfect for cheerleaders!**

Tumbling II - Evaluation or coach approval required

Athletes must have strong forward and backward rolls, handstands and cartwheels, and bridge kickover. Students will work on strengthening core skills while progressing to drills for skills such as front handsprings and back handsprings. Class structure includes guided warm up, two tumbling circuits, and an ending game/activity. **Perfect for cheerleaders!**

Bar Skills - No experience required

The upper body strength required for success on uneven bars often takes longer to develop than the strength needed for other events. This class provides a great opportunity to supplement our Beginner, Advanced Beginner, and Intermediate classes. Class structure includes guided warm up, two bar circuits, and an ending game/activity. The coaches at NOG *highly recommend* consideration of a bar skills class.

NinjaZone

NinjaZone combines obstacle course training, gymnastics, martial arts, parkour, and freestyle movement with the opportunity for kids to progress and learn at their own pace. Originally developed to encourage boys to continue in the world of gymnastics, NinjaZone has grown to include athletes of all ages and genders.

Ages 3 to 4.5 - Lil' Ninjas

Lil' ninjas class goals include listening skills, confidence, trying new things, working through frustration, and developing manners. Ninja coaches help students do all of this through a strategic mix of skills and progressions in order to build both strength and confidence alike. Class structure includes guided warm up activity, two event rotations, and an ending game/activity.

Ages 4.5 to 6

This class is built on the fusion of obstacle course training, gymnastics, martial arts, and freestyle movement. NinjaZone is a progressive level system that evaluates and advances children in their skill and knowledge of NinjaZone values. Students advance and learn at their own pace and walk away more confident, aware, and coordinated. NinjaZone includes a combination of flips, rolls, and kicks that are designed to help with total body strength and agility. Class structure includes guided warm up activity, two event rotations, and an ending game/activity.

Ages 7+

This class is built on the fusion of obstacle course training, gymnastics, martial arts, and freestyle movement. NinjaZone is a progressive level system that evaluates and advances children in their skill and knowledge of NinjaZone values. Students advance and learn at their own pace and walk away more confident, aware, and coordinated. NinjaZone includes a combination of flips, rolls, and kicks that are designed to help with total body strength and agility. Class structure includes guided warm up activity, two event rotations, and an ending game/activity.

Open Gyms

Preschool Open Gym - Ages walking to 6*

This one hour open gym provides the perfect place for your child to explore gymnastics in a safe, unstructured environment. It is created for parents and children to play together. Children and parents have full use of the gym to explore, have fun, and get rid of extra energy!

Recreational Open Gym - Ages 6+

This one hour open gym provides athletes with a chance to use the gymnastics facility and equipment in an unstructured, safe environment. A skilled coach will monitor and assist athletes but does not provide the same rigidity of a structured class. This is also a great opportunity for social interaction with others.

***Parent participation required.**