

## **Girls Developmental Gymnastics Descriptions**

### **RED \$75/MO (55 minutes)**

**Red classes** meet once a week with each class lasting 1-hour. Red classes focus on introducing terminology and proper body alignment through repetitious exercises and movements. This focus ensures student success as they continue through the program as it sets a solid foundation from which to build upon. Students enrolled in a Red class may also participate in strength exercises as needed, either on the assigned events or independent from them. Strength exercises, also known as conditioning, is a necessary part of gymnastics to ensure safety as students begin to attempt more challenging skills.

### **ORANGE \$97/MO (1hr 25 min)**

#### **Orange Classes**

Orange classes meet once a week with each class lasting 1.5-hours. Orange classes focus on applying terminology and body alignment to basic movements such as jumping, rolling, and turning. Orange classes build upon the prior knowledge of an individual student and, in this way, Orange classes are an ideal placement for those with some gymnastics experience or body awareness.

### **YELLOW \$149/MO (2hr)**

#### **Yellow Classes**

Yellow classes meet once a week with each class lasting 2-hours. Yellow classes focus on building strength and increasing flexibility. Though all gymnastics movements require an element of strength or flexibility, successful execution of dynamic movements (movements that require speed, such as handsprings) often comes down to matters of strength and flexibility. Yellow classes provide a safe and fun environment for students to continue perfecting basic movements while exploring intermediate and advanced movements, building upon what they already know.

### **GREEN \$185/MO (Invitation Only) (1.5hrs twice weekly)**

#### **Green and Blue Classes** (Invite Only)

Green classes meet twice a week with each class lasting 1.5-hours for a total of 3 hours a week. Blue classes also meet twice a week with each class lasting 2-hours for a total of 4 hours a week. Green classes focus on applying strength and flexibility to dynamic movement forward, backward, sideways, and upside-down whereas Blue classes take this one step further and combine elements of dynamic movement with jumping, turning, and rolling. Due to the need for consistency when attempting these advanced movements such as aerials or saltos, Greens and Blues are both required to attend twice weekly.