



Indiana FitWorks GYMNASTICS



Preschool-This class meets once per week. Our preschool program is designed to help develop social skills, motor skills, body awareness, flexibility, coordination, strength, and confidence. (Must be potty trained.)

Tuesdays 4:30pm-5:15pm OR 5:30pm-6:15pm

Age: 3-5 | **Cost:** \$40 monthly fee | **Class Capacity:** 10 | **Class Duration:** 45 minutes

Beginning Recreational Gymnastics-This class meets once per week. This class works on: forward/backward rolls, handstands, cartwheels, glide swings on bars, hitting the springboard correctly, vault shaping and basic beam walks/rolls.

Tuesdays 4:30pm-5:30pm OR Thursdays 6:00pm-7:00pm

Age: 6+ | **Cost:** \$48 monthly fee (once a week) \$72 monthly fee (twice a week) | **Class Capacity:** 16 | **Class Duration:** 1 Hour

Intermediate Recreational Gymnastics-This class meets once per week. This class works on: handstand forward rolls, front limbers, back-bends, round-offs, cartwheels and handstands on the low beams, and vault shaping.

Tuesdays 7:00pm-8:00pm OR Thursdays 7:00pm-8:00pm

Age: 6+ | **Cost:** \$48 monthly fee (once a week) \$72 monthly fee (twice a week) | **Class Capacity:** 8 | **Class Duration:** 1 Hour

Advanced Recreational Gymnastics- This class meets once per week. The advanced class is for students who have mastered the beginning and intermediate skills. In addition to skills in previous classes this class will work on: bridge kick-overs, back walkovers, pull-overs and back hip circles on bars, cartwheels and handstands on balance beam, and vaulting. ***Must have signed form from coach to enroll in this class.**

Tuesdays 7:00pm-8:00pm OR Thursdays 7:00pm-8:00pm

Age: 6+ | **Cost:** \$48 monthly fee (once a week) \$72 monthly fee (twice a week) | **Class Capacity:** 8 | **Class Duration:** 1 Hour

Beginning Tumbling- This class meets once per week. In this class students learn basic tumbling skills and shaping such as, handstands, cartwheels, bridges, and back-bends.

Tuesdays 5:45pm-6:45pm

Age: 6+ | **Cost:** \$48 monthly fee | **Class Capacity:** 8 | **Class Duration:** 1 Hour

Intermediate/Advanced Tumbling-This class meets once per week. Students must be able to perform a standing back handspring to attend the Int./Adv. Tumbling class.

Tuesdays 7:00pm-8:00pm

Age: 6+ | **Cost:** \$48 monthly fee | **Class Capacity:** 16 | **Class Duration:** 1 Hour

Levels-This class meets twice per week. Students are **REQUIRED** to test into this class before the ability to register; Levels testing consists of flexibility, strength, and speed. This class meets two times per week. The focus of this class is to build strength, flexibility and skills toward moving to the IFG Competitive Team.

Mondays & Wednesdays 4:15pm-5:30pm

Age: 6+ | **Cost:** \$72 monthly fee | **Class Capacity:** 16 | **Class Duration:** 1:15

IFG Competitive Team-Students must go through **TRYOUTS** to become a part of the Competitive Team; tryouts are held prior to the beginning of the season.

-Compulsory (*Level 3 ONLY*) \$130 monthly fee. **Practices are 3x week: Monday, Wednesday & Thursday 5:30pm-8:30pm**

-Compulsory (All other levels) \$130 monthly fee. **Practices are 3x week: Monday, Wednesday & Thursday 5:30pm-8:30pm**

-Compulsory (All other levels) \$150 monthly fee. **Practices are 3x week: Monday, Wednesday & Thursday 4:30pm-8:30pm**

-Optional \$150 monthly fee. **Practices are 4x week: Monday, Wednesday, Thursday 5:30pm-8:30pm, & Saturday 8am-12pm**

-Optional \$180 monthly fee. **Practices are 4x week: Monday, Wednesday, Thursday 4:30pm-8:30pm & Saturday 8am-12pm**

Age: 6+ | **Class Duration:** 3-4 hours

