

CLASS DESCRIPTIONS

Koala Bear...35 minute class

This is a coed class for 2 & 3 year olds who have not had previous gymnastics experience. Students in this class must be able to come into the class without an adult. They will learn beginning gymnastics skills on equipment sized just for them in a fun and safe environment. The moment a child enters the preschool gym, sharing and taking turns, building self-confidence, and working together becomes our focus with our lesson plans. We incorporate age appropriate activities. We keep this class with a 3 to 1 student to teacher ratio.

Polar Bear...45 minute class

Pre-requisite: Mastery of Koala Bear class for returning 3 year olds and 4 year olds with no gymnastics experience. This class is designed for 3-4 year olds who are ready to explore the world on their own. Fundamental gymnastics skills and basic gymnastics positions are the focus of this class. Moving to music makes this class magical. Class size is 4 to 1 student/teacher ratio.

Pre-Beginner...55 minute class

This is a coed class that will teach the basic gymnastics skills on the competitive sized equipment in an age appropriate manner. This class is for the **4 year olds who have successfully completed the Polar Bear program** and for **NEW 5 year olds not in kindergarten**. Class size is 5 to 1 student to teacher ratio.

Girls Beginner...55 minute class

Girls only

This class will teach the school aged gymnast the basic skills on each of the four Olympic events for girls: Vault, Uneven Bars, Balance Beam and the Floor Exercise. We teach this class using circuits and basic progressions by using a variety of equipment, including pit, trampoline and drill stations. This class is for those girls who have SUCCESSFULLY COMPLETED THE PRE-BEGINNER PROGRAM or are Kindergarten - 12 yrs of age.

Girls Intermediate...55 minute class

These classes are offered to those students who, by our staffs determination, have met the necessary requirements. While in this class, students will be exposed to more advanced gymnastics skills on each event. This class is offered by invitation only.

Girls Advanced/Expert...55 minute class

These classes are offered to those students who, by our staffs determination, have met the necessary requirements. While in this class, students will be exposed to more advanced gymnastics skills on each event. This class is offered by invitation only.

Boys 1/2 ...55 minute class

Boys only

This class is Boys only! This class is for those boys who have successfully passed through the Pre-Beginner class or new boys between the ages of Kindergarten through 12 yrs. Beginning gymnastics skills on all 6 Men's Olympic events are taught in this class.

Boys level 3/4...55.minute class

These classes are offered to those students who, by our staff's determination, have met the necessary requirements. While in this class, students will be exposed to more advanced skills on each event. This class is offered by invitation only.

If classes are cancelled due to extreme weather, we will post it on our Facebook page and send an email to all our families.

Children with flu symptoms, cold symptoms, pink eye, lice, whooping cough, ringworm, Covid etc, CANNOT attend class Please call the office at 308-381-0217, or email netwisters@gmail.com if your child will be absent.

PHILOSOPHY: OUR RECREATION PROGRAM OFFERS YOUR CHILD THE OPPORTUNITY TO LEARN THE SPORT OF GYMNASTICS, WHILE GAINING LIFE LONG BENEFIT & PROMOTING GOOD CHARACTER. OUR MISSION IS TO PROVIDE A MOTIVATIONAL & SAFE ENVIRONMENT WHERE EACH CHILD IS VALUED. OUR STAFF TEACH GYMNASTICS TO CULTIVATE LISTENING SKILLS, CONFIDENCE, SELF ESTEEM, SELF DISCIPLINE AND A STRONG WORK ETHIC, AS WELL AS, A PHYSICAL FITNESS BASIS FOR ALL SPORTS.