

At **VGA** your child will use our *brand new, state of the art* equipment. In addition to the traditional gymnastics apparatuses, Vault, Uneven Bars, Balance Beam, and Floor, we also feature in-ground Trampolines and pits, as well as a wide assortment of exciting preschool equipment!!!

Preschool Classes

Our preschool program is available for kids two years old through first grade. Our program is focused on developing your child's total body coordination, gross motor skills and developing spatial awareness. The classes are fast paced to keep your little one excited and, most importantly, make it FUN!!!

Recreational

Recreational programs are for kids of grade school age. This program focuses on teaching more advanced skills and focuses on improving strength and fitness. This program is designed so that every student will be able to learn new things and have a strong feeling of achievement. Each student will be challenged at their individual level.

L1-No prior experience needed. They will start with basic gymnastics skills on all apparatus, body positions and terminology. They will also gain strength and body awareness.

L2-This level has already mastered basic gymnastics skills and will progress to learning intermediate skills. Some skills are: floor—round-off, bridge kickover, back walkover, back handspring, front limber; Bars-back hip circle, glides and mil-circles.

L3-Moving up from L2, kids will master: Floor-handstand forward roll, hurdle round-off, back walkover, straight arm backward roll; Bars-Back hip circle, mil-circle and sole-circles.

L4-For gymnasts at a competitive level without the desire for competition, this level will keep them challenged and advancing at their own pace.

Cheer Fit

Classes are designed to help improve the overall athleticism of cheerleaders. We incorporate cardio and muscular endurance, balance, flexibility and tumbling into this program.

Boys Class

The Boys only class is designed for ages 5-8. The focus of this class is to introduce boys to each of the 6 Olympic Events to build strength, coordination and overall physical development.

Preschool Parties

Drop off the little ones and enjoy yourself for 3 hours! We'll play games, do crafts and have a snack all in a safe, supervised atmosphere. Parties are designed for the 3-6 year old.

Preschool Open Gym

This is an opportunity for preschool gymnasts to work on the equipment in an unstructured, yet, supervised environment. *Great for Play Dates!* Each child must be accompanied and supervised by an adult.

Girls Competitive Team

Girls competitive team focuses on teaching quality and high difficulty gymnastics. This program is by invitation only. Our athletes compete throughout the region. They learn discipline and a strong work ethic. These athletes take pride in what they do and enjoy the challenge that comes with learning to compete.

Classes for
preschool
through
competitive
team!!

Our Mission

To help your child be active, healthy
and creative in a FUN and SAFE
environment



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