

Class Descriptions

Kinder Gym Camp * Stay & Play

Kinder Gym Camp

Kinder Gym Camp is a half day program for ages 3 to 5 years old. Campers get the equivalent of two full gymnastic classes, plus music, dance, drama, art and other fun activities. Kinder Gym Camp is a great place for children to develop physically, emotionally and socially & prepare them for preschool or enhance the preschool experience.

Stay & Play

Supervised play time in the BGS activity room with music, games, books, arts & crafts, handwork plus more fun activities!

Gymnastics

Tumbling Toddlers

Tumbling Toddler classes are 45 minute, parent participation, gymnastics classes for children 1.5-2, 2-3 & 3-4 years old. These classes encourage motor skill progression, coordination, spatial awareness, & social development. The 3-4 year old Tumbling Toddler class is perfect for children transitioning into Broadway Bounders!

Broadway Bounders

Broadway Bounder classes are 45 minute gymnastic classes for children ages 3.5-5 years old. These classes focus on basic gymnastics & progressions for rolls, cartwheels, climbing, hanging & jumping. Most Olympic equipment will be introduced and obstacle courses will be used to learn the foundational skills for gymnastics. Trampoline will enhance coordination, air sense and spatial awareness.

Broadway Flyers & Broadway Gliders

Broadway Flyers for ages 5-7 & Broadway Gliders for ages 5-9 are 1 hour beginning level gymnastic classes. These classes share the same curriculum & focus on body positioning, flexibility, strength development & progressive development of beginning & intermediate gymnastic skills on all equipment & trampoline.

Broadway Aerials

Broadway Aerials are intended for the beginning to intermediate recreational gymnast ages 8-12 years old. Aerial classes are 60 or 90 minutes to accommodate varying levels of endurance.

Broadway Saltos

Broadway Salto classes are 90 minute gymnastic classes intended for beginning to advanced students 9-16 years old.

Boys Classes

The Boys Only and Boys Challenge Team classes follow the similar curriculum as our co-ed classes, but are structured with more focus on the Men's gymnastic equipment & tailored for a boy's interests.

Gym & Dance Combo

The Gym & Dance Combo classes combine gymnastic classes with dance for students who want to augment their gymnastic skills with dance.

Dance

* Creative Dance is a great way to introduce your child to the world of dance; these classes teach the basic skills of dance through creative movement and various dance styles.

* Ballet will introduce students to basic fundamentals, including body alignment & positions. Class will consist of movement accompanied by appropriate music creating a fun atmosphere for learning to dance.

* Jazz & Hip Hop is a high energy class that covers tempo, rhythm & movement as well as the basic Jazz & Hip Hop techniques.

Specialty Classes

* Homeschool Gym/P.E. is for students fulfilling Homeschool P.E. requirements or who want to improve their fitness.

* Stunts & Tricks focuses on the skills needed for falls, flips & tricks seen in stuntwork, parkour & capoeira.

* Tumbling & Trampoline teaches floor & trampoline skills safely, starting with basic jumps all the way to advanced somersaults.

* T.O.S.S. is Tumbling on Stage & Screen, this class teaches tricks & techniques for actors, stuntmen & other performers. Focus is on skills & techniques to enhance the performers movement repertoire.

* Cheer classes will focus on learning the skills for tumbling, flips, & tricks needed for cheerleading.

* Yoga - please see separate flyer.

Adult

Adult Gymnastic classes are a great way to stay in shape! Intended for adults from beginners to advanced, students work on gymnastic skills & apparatus in a safe & fun environment. The Adult Boot Camp is a cardio fitness class - no gymnastics, but still lots of fun!