

Gymnastics Programs

Recreational Classes

Our gymnastic program offers an opportunity for girls to learn new skills and master new challenges in a safe, fun, and educational setting with highly trained, certified staff.

MONDAY

Beginners A No experience necessary	Age: 5 - 8	Time: 5:00 - 6:00pm	Fee: \$70
---	------------	---------------------	-----------

Beginners B No experience necessary	Age: 9 & up	Time: 6:00 - 7:00pm	Fee: \$70
---	-------------	---------------------	-----------

Intermediate Must have at least 2 year of gymnastic experience. Gymnasts will be evaluated by the coaching staff to determine level placement. Invite only.	Age: 7 & up	Time: 7:00 - 8:00pm	Fee: \$70
---	-------------	---------------------	-----------

SATURDAY

Beginners A No experience necessary	Age: 5 - 8	Time: 9:00 - 10:00am	Fee: \$70
---	------------	----------------------	-----------

Tiny Tumblers For girls who are ready to begin learning basic gymnastics skills	Age: 3 & 4	Time: 10:00 - 10:30am	Fee: \$50
--	------------	-----------------------	-----------

Beginners B No experience necessary	Age: 9 & up	Time: 10:30 - 11:30am	Fee: \$70
---	-------------	-----------------------	-----------

Intermediate Must have at least 2 year of gymnastic experience. Gymnasts will be evaluated by the coaching staff to determine level placement. Invite only.	Age: 7 & up	Time: 11:30am - 12:30pm	Fee: \$70
---	-------------	-------------------------	-----------

Gymnastics Programs

Competitive Team

We are proud to offer girls the opportunity to participate in competitive gymnastics. We have a long standing tradition in competitive gymnastics and awesome coaching staff to help the girls reach their greatest potential. We compete in AAU, giving our gymnasts a higher level and more gyms to compete with.

BRONZE LEVEL

Team Fee: \$215

Age: 6 & up

By evaluation only. Will compete in most meets during the competitive season.

Practice is 5 hours a week:

- Tuesdays & Thursdays
5:00 - 6:30pm
- Saturdays
12:30 - 2:30pm

SILVER, GOLD, AND PLATINUM LEVELS

Team Fee: \$250

Age: 6 & up

By evaluation only. Includes home and away meets through the competitive season.

Practice is 6 hours a week:

- Tuesdays & Thursdays
6:00 - 8:00pm
- Saturdays
12:30 - 2:30pm



Coach Sharon

Coach Sharon Gostkowski has been teaching gymnastics for over 15 years. She has a USAG Professional Membership, is USAG Safety Certified, KAT (USAG) Certified, and MEDLP (USAG) Certified.