



Gymnastics Class Descriptions and Attire

You & Me (12-24 months)

Class Length: 30 minutes

You & Me is a great class for you to spend time with your child exploring the gym and learning body awareness through songs and free play.

You & Me (24-36 months)

Class Length: 30 minutes

This class builds upon the experience of the one-on-one class by introducing developmentally appropriate tasks. 3-year-olds may remain in the class as each child potty trains and separates from parents at their own pace.

Pre-gym 3 (age 3yrs)

Class Length: 30 minutes

Pre-gym 3 is an independent class for children who are 3 years old and potty trained. This class will introduce children to the basics of gymnastics while learning the importance of following directions.

Pre-gym 4-5 (ages 4-5yrs)

Class Length: 45 minutes

Pre-gym 4-5 is for children who are 4 (as of Oct 1st) to 5 years old. This class focuses on building strength, coordination, flexibility, and fun in the sport of gymnastics.

Beginner/ Intermediate classes (ages 6+)

Class Length: 55 minutes

These classes are grouped by age and ability and follow the general curriculum set forth by USA gymnastics. These classes focus on strength, flexibility and skills needed to progress in the sport of gymnastics.

Tumbling (Ages 6+)

Class Length 55 minutes

Tumbling and body awareness through floor drills on shaped mats and use of the tumble track. Must have a solid round off to participate.

Gymnastics Attire

Leotards for girls (without skirts), gym shorts and tucked in T-shirts for boys. Students work barefoot. No jeans, street clothes, or loose clothing. Denim, Nylon wind or cargo pants do not stretch and make it difficult to spot. Inappropriately dressed students will not be allowed to participate. Hair must be tied back. This is for the child's safety. Use elastic hair bands. Please do not use bows, hard barrettes, or plastic clips, these hurt the child's head during tumbling.

Please remove jewelry prior to class.

No food or drinks in the gym.



The HealthQuest USAG Team concentrates on building well-rounded gymnasts who not only perform their skills with correct technique and execution, but also focus on teaching good sportsmanship and character development. This team is for athletes training for competition and serious about their pursuit of excellence in the sport of gymnastics.

Our gymnastics team is a group of hard-working athletes who develop the skills necessary to compete in USAG league-sanctioned meets, and train to eventually compete in higher optional-level gymnastics. This progressive competitive program concentrates on building gymnasts who not only perform their skills with hours per week. The focus is to build a solid foundation that will be the first step leading to a high level of technique and execution.

Please contact gymnastics@hqfit.com

Our sequential, progressive gymnastics curriculum safely increases our gymnasts' range of motion and body awareness while developing balance, coordination, and the ability to perform basic gymnastics skills. Early in the program emphasis is placed on physical strength and flexibility in accord with the most proven principles of physical development. Recommendations to move from one level to the next are made by our instructors.

Preteam (by invitation)

Class Length: 2 hours twice per week

This is an invitation only class for those gymnasts who have met the requirements for Level 3 and who wish to progress into our USAG competition team.

Please contact gymnastics@hqfit.com

Team (by invitation)

USAG Competition Team invitation only.

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