



PLEASE RESPECT OUR AGE GROUPS

We divided our preschool program into several separate age groups. At these tender ages we believe these divisions are necessary in order to create just the right learning environment for each stage of a child's development. PLEASE respect our age groups when registering.

PARENT 'N CHILD PROGRAMS

18 MONTHS - 3 YEARS

We have divided this program into two different age groups. Our Toddler class is for 18 to 24 months and our Parent and Peanut class for 2 - 3 year olds. We strive to provide a fun, positive learning environment that is child centered around age appropriate developmental movements using gymnastics and special preschool equipment.

PRE SCHOOL PROGRAMS

AGES 3 TO 6

Our preschool program has been designed to provide fun, safe, developmentally sound progressions so each child begins to understand their body's capabilities and limitations through the wonderful sport of gymnastics. Through these learning experiences, our goal is to provide a solid base of fundamental skills, body positions and movement patterns. Learning should be fun and there is far more to it than meets the eye!

Tumblebears: 3 - 3 1/2 years This is the first class children can participate in without a parent.

Munchkins: 3 1/2 - 4 years

Kindertots: 4 years

Tumbletots: 5 & 6 years



RECREATIONAL GYMNASTICS FOR GIRLS & BOYS

Gymnastics is an unsurpassed activity for the development of the whole child, whether a child aspires to be a top notch national gymnast or simply wants to experience the fun and sense of achievement that gymnastics challenges provide. In addition to building the obvious-strength, agility, and coordination-gymnastics also develops qualities such as self-confidence, risk assessment, and perseverance. In fact, there is no activity equal in value to gymnastics.

AGE GROUP GYMNASTICS CLASSES

Our Age Group Gymnastics Program is for all boys and girls kindergarten and up.

BOYS Classes are divided into 2 levels.

Level 1 is for beginner boys that are in kindergarten ~ 2nd grade.

Level 2 is for boys that have mastered basic skills and are in 3rd grade and up.

GIRLS Classes are divided into 6 levels

Level A - for all girls in kindergarten ~ 2nd grade who are just beginning gymnastics or have been in our preschool program. This class is one hour in length.

Level B-1 - for beginner girls that are in 1st or 2nd grade. This class is 1 1/2 hours in length.

Level B-2 - for all beginner girls that are 3rd grade and up. This class is 1 1/2 hours in length.

Level 1 - for girls that were previously enrolled in our Level B class and were recommended for advancement by their instructor. New students must have an instructor's recommendation to enroll in this class.

Level 2 - for all girls that were previously in our Level 1 class and recommended for advancement by their instructor. New students must have an instructor's recommendation to enroll in this class

Level 3 - for girls that have successfully completed level 2 skills and have the recommendation of their instructor to move to level 3.



Fitnastics

We offer this USAQ fitness program at FQC. Fitnastics is especially designed to teach all kids about the importance of nutrition and to show them just how much fun exercise can be. The lessons are modified to adapt to the skill level of each individual child, rewarding them for their efforts while guiding them on the path to healthy habits. We offer fitnastics in the following age groups:

Mini Fitnastics - 4-6 years old

Jr. Fitnastics - 1st - 6th grade



TUMBLING CLASSES

These classes are for all students 1st grade and up. The primary focus is on tumbling skills while utilizing our forty , trak, in-ground trampolines, rod floor, spring floor and foam-filled training pits. They are offered at three levels.

Tumbling Level 1 - Students will work on skills that include rolls, handstands, bridges, shoulder flexibility and cartwheels as well as conditioning and strength development.

JR Tumbling Level 2 - This class is for students in 1st through the 6th grade who have mastered basic tumbling skills. Students will work on round offs, back handspring drills, round off back handsprings, front handsprings and aerial cartwheels.

SR Tumbling Level 2 - This class is for students in 7th grade and up who have mastered basic tumbling skills. Students will work on round offs, back handspring drills, round off back handsprings, front handsprings and aerial cartwheels.

Tumbling Level 3 - Students in this class must be able to do a round off back handspring without a spot. Students will work on round off two back handsprings, tucks, layouts and twisting. They will also work on front tumbling skills.

Tramp Fit & Anti-Gravity Trampoline & Tumbling Classes

Achieving fitness on the trampoline is FUN and uses lots of energy! These classes are for school-age children and put a special emphasis on fitness using the trampoline, tumble-trac, double mini tramp and other tumbling/rebounding surfaces. The inherent fun of trampoline encourages children to willingly sustain higher activity levels that lead to genuine fitness including: cardiovascular health; leg and core body strength; calorie burning; and weight loss. Along with that comes keener spatial awareness, a critical skill in all sports that has also been linked to enhanced cognitive development.

Tramp Fit teaches skills that include basic rolls, shapes, positions, rotation drops, turns, twists, somersault progressions, form and safety landings.

Anti-Gravity class will emphasize proper (safe) progressions for somersaulting as well as back handsprings and higher level skills. This class requires a standard of fitness as well as a teacher recommendation.

