

SMG Class Descriptions 2022-2023

Class	Age	Recital Attire	Class Description
PRESCHOOL GYMNASTICS & COMBO CLASSES			
Me & My Shadow	2-7	leotard or T	SMG's Preschool program will help your child improve their motor skill development (skipping, hopping, swinging, etc) but they also will be introduced to social awareness skills (listening, sharing, following rules, and taking turns). Students are introduced to general physical fitness skills as well as basic gymnastics skill development which includes: Vault, Bars, Beam, Tumbling and Trampoline! Monthly themes and year-end recital!
Mini-Gym	3-4	leotard	
Preschool	4-5	leotard	
Kindergym	5-6	leotard	
Cheer & Tumble Combo	4-6	T & shorts	This is a popular combo class incorporating cheer and tumbling into one class!
Hip Hop/Gymnastics Combo	3-5	leo & shorts	Hip-hop classes are fun and funky classes that combine gymnastics and hip hop dance combinations and new choreography monthly. Fun & age appropriate music.
NINJA CLASSES			
Me & My Shadow	2-7	leotard or T	<p style="text-align: center;">Our Ninja program combines: Gymnastics, Tumbling, Obstacle training, Parkour techniques The focus is developing motor skills through mobility, balance, power, strength & endurance. We want to create a strong mind and body through fitness in a fun and safe manner.</p>
Mini-Ninjas	3-5	leotard or T	
Grasshoppers	4-6	leotard or T	
Ninja Kidz	6-8	leotard or T	
Jr Ninjas	8-12	leotard or T	
GYMNASTICS & COMBO CLASSES			
Shooting Stars	5-7	leotard	SMG's Recreational Classes are designed to have FUN while learning. We encourage all students to reach their full potential at their own pace. Students are placed in classes according to ability and age. Students will work on all Olympic Events: Vault, Bars, Beam, Floor & Trampoline!
Homeschool	5-9	T & shorts	
Rising Stars	6-12	leotard	
Shining Stars	7-15	leotard	
Dance / Gymnastics Combo	6-12	leo & shorts	Dance/Gymnastics Combo class is a combination of hip/ jazz for half of the class time and gymnastics the remaining half. Combinations and new choreography monthly.
Middle School / High School Prep Teams			
Silver Team (1 or 2x per wk)	6-15	leotard	SMG's Team Program classes consists of non-competitive teams that include Silver & Gold Teams. Students will work on developing their basic skills as well as strength and flexibility. Emphasis on strong fundamentals, confidence, working independently, proper skill progressions and techniques. Students will learn a compulsory routine on each event: Vault, Bars, Beam & Floor. These gymnasts have opportunity to participate in our in-house fun meets. Gold (2x per week) and Platinum have the opportunity to compete in at least one travel meet. For more information on these teams please email us.
Gold Team (1x per week)	6-15	leotard	
Gold Team (2x per week)	6-15	leotard	
Platinum Team (2x per wk)	by invitation only		