

SMG Class Descriptions 2020-2021

Class	Age	Recital Attire	Description	
PRESCHOOL GYMNASTICS & COMBO CLASSES				
Mini-Gym	3-4	leotard	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 (throwing, hand eye coordination, catching) as well as basic gymnastics skill development (climbing, rolling, hand support skills, balancing) and work on: Vault, Bars, Beam, Tumbling and Trampoline! Monthly themes and year-end recital!	
Preschool	3-5	leotard		
Kindergym	5-6	leotard		
Advanced Kindergym	5-6	leotard		
Ballet/ Gym 1	3-4	costume	A combination class with both gymnastics and ballet! The dancer will learn foundational, curriculum-based ballet technique with a fun new theme each month such as FROZEN theme! Ballet / Gym combo 2 is for ages 5-6.	
Ballet/ Gym 2	5-6	costume		
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				
Grasshoppers	4-6	T-shirt, shorts	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.	
JR Ninjas	6-12	T-shirt, shorts		
Super Ninjas	7-12	T-shirt, shorts		
GYMNASTICS & COMBO CLASSES				
Shooting Stars	6-12	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, and Floor. This class includes three in house fun meets where students perform a routine on each event: Vault, Bars, Beam & Floor. Please see description under XCEL PROGRAM below.	
Rising Stars	7-14	leotard		
Super Stars	8-18	leotard		
Shining Stars*	7-16	leotard		
Acro/Gymnastics Combo	6-12	leo & shorts	These gymnastics classes focus specifically on Tumbling, Floor Work and Acro skills. Great for cheerleaders or dancers to improve balance, posture, strength & flexibility! Coach: Kayla	
Hip Hop/Gymnastics Combo	6-12	leo & shorts	Hip-hop classes are fun and funky classes that combine gymnastics and hip hop footwork, combinations and new choreography monthly. Coach Kayla	
Mixed Dance/Gymnastics Combo	6-10 10-16	leo & shorts	A fun sampler class that includes many styles of dance including Hip Hop, Jazz, Ballet, & Gymnastics. Coach Kayla	
XCEL PROGRAM & COMPETITIVE TEAM				
Hotshots	6-12	leotard	SMG's Xcel Program classes consists of non-competitive teams that include Hot Shots, Shining Stars, Xcel Bronze & Silver. 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. Three in-house fun meets are included. These gymnasts will perform in the annual year-end recital. These students purchase their class tank leotard at the beginning of the season. No travel makes this a less expensive option than the competitive team and requires less commitment.	
Shining Stars (SS), XB, XS	6-12	leotard		
SS, XB, XS plus online	7-16	leotard		
XB / XS	7-16	leotard		
XB / XS / XG + online	7-16	leotard		
Competitive Team	Invitation only	Team attire	For more information on our competitive team please email us.	9/21