

Baby Time: Ages 9-17months, 30 minutes/week
Fun movement and bonding time for parent and infant.

Toddler Time: Ages 1 1/2-3, 45 minutes/week
Fun for the parents and child. Social and physical interaction is great preparation for Tiny Tumblers!

Tiny Tumblers: Ages 3-5, 45 minutes/week
A fun filled movement education class with emphasis on basic physical education and gymnastic skill progressions.

Turbo Tumblers: Ages 4-6, 1 hour/week
An advanced class for Tiny Tumblers who have mastered basic gymnastic skills 1-5 on the Developmental Chart.

Fit-N-Fun I: Ages 3-4, 1 hour/week
A combination of basic gymnastic tumbling and apparatus and creative movements and rhythms of ballet and jazz.

Martial Arts: Ages 4+, 45 minutes/week
Disciplined yet fun introduction to Tae Kwon Do.

Beginners: Ages 6+, 1 hour 10 minutes/week
Introduction to the sport of gymnastics covering basic skill progressions, agility, locomotor, and hand-eye coordination activities!

Intermediate: Ages 6+, 1 hour 10 minutes/week
Must have mastered the skills 1-7 Developmental Chart.

Advanced: Ages 8+, 1 hour 10 minutes/week
Must have mastered 1-11 on the Developmental Chart.

Cheer Tumbling/Beg-Int.: 45 minutes/week.
Work basic tumbling skills up to Round-off Back Handsprings, strength, flexibility, and jumps.

Cheer Tumbling/Adv: Ages 11+, 45 minutes/wk
A class to develop advanced level tumbling as-well-as flexibility, jumps, strength, and conditioning. Group discounts available for squads!

Cheer Time: 1 hour 10 minutes/week
A beginner/intermediate gymnastic class combined with basic cheerleading.

Fit-N-Fun II: Ages 5-6, 1 hour 45 minutes/week
A combination of basic gymnastic tumbling and apparatus and fun filled ballet, jazz and tap movements and techniques.

Dance I Combo : Age 6-10, 1 hour 30 minutes /week. A beginner/intermediate class introducing the grace of ballet, the energy and isolations of jazz & tap. Ballet, Jazz, and Tap shoes required prior to class!

Dance II Combo : Ages 10+, 1 hour 30 minutes/week. A more advanced development of ballet, jazz, and tap techniques for students with dance experience. Geared for teens!

Adult Tap & Jazz: 1 hour 30 minutes/week.
Offered for beginners and Intermediate/Advanced levels.

Teen Ballet & Point: Ages 12 + with experience. 1 hour/week. More days per week can be arranged.

Open Gym: Open time to work or play. To be used for make-up classes due to absences in regularly scheduled lessons. Two make-ups per session allowed free! Call front desk or talk to instructor to schedule.

Fit-N-Fun III: age 7+, 2 hours/week. Beg/Int gymnastics and ballet, jazz, and tap. Must have had FNF II or other dance.

Skill Developmental Chart: **Beginners:** 1) Frogstand 2) Forward Roll 3) Backward Roll 4) Cartwheel 5) Headstand Forward Roll 6) Handstand to Bridge 7) Backbend
Intermediate: 8) Front Limber 9) Back Walkover 10) Front Walkover 11) Back Limber **Advanced:** 12) Front Handspring 13) Back Handspring 14) Aerial 15) Flip(front or back) **Tiny Tumblers:** 1) Tripod 2) Forward Roll 3) Backward Straddle Roll 4) Bridge 5) Headstand **Turbo Tumblers:** 6) Handstand on wall 7) Cartwheel 8) Handstand Forward Roll 9) Handstand to Bridge 10) Backbend

Competitive Teams: By invitation only!

Gymnastic Levels 1-10 USAG & USAIGC Programs

Cheerleading: Tiny,Mini,Youth,Junior & Senior Stars

Dance Demo Squad ages 7+-call if interested!

Call to arrange tryout!

(302)436-6007

FAX(302)436-6054

www.midcoastgymnastics.com

Call today and be all that you can be. Remember, there's something to flip for in Selbyville, Delaware!

