

Class Descriptions

Star Level

This is the first of our girls only beginner class for ages 5-7 years old. They, too, will be instructed on all four Olympic events on a bi-weekly rotation, so they have enough time to learn on each event. The tumbling trampoline will also be utilized, as well as many other shaping and strengthening tools of the sport, for optimal progression and safety.

Superstars

This class is identical to the Star level, except for older girls, 8-12 years old. They, too, will be instructed on all four Olympic events on a bi-weekly rotation, so they have enough time to learn on each event. The tumbling trampoline will also be utilized, as well as many other shaping and strengthening tools of the sport for optimal progression and safety. Students tend to learn at a little faster pace at this age.

Shooting Stars

This is the first intermediate class for girls ages 6-12 years old. Since it is a 90-minute class, students will get to learn more on all four Olympic events and of course the tumbling trampoline and all the other shaping and strength tools of the sport. This class is a more advanced class, so completion of the beginner level skills are required first to attend. The skills get more difficult in this level, so safety progressions become even more important and utilized for optimal performance and progress.

Team

Girls who are advanced and want to put their skills to use may tryout for our Next Level competitive team. Next Level Team members are taught USA Gymnastics sanctioned gymnastics routines on each Olympic event to perform at several different competition both near and far.

Parent Tots

This class is design for parent participation with their child boy or girl ages 1-2 years old. There is a fun general warm up, parents are then instructed on all four Olympic events on how to have their child learn the awareness of gymnastics basic skill development.

Super Tots

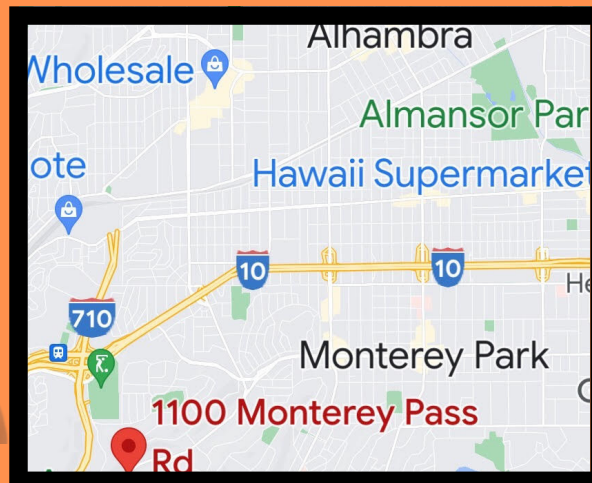
This is the first beginner class for boys and girls ages 3-4 years old. In this class, they will learn the fundamentals for several skills on all four Olympic events. They will also participate on the tumbling trampoline and rope climb.

Dynamites

This is the first of our boys only beginner class for ages 5-7 years old. They will be instructed on vault, bars, floor, trampoline and rope climb on a bi-weekly rotation, so they have enough time to learn on each event. The tumbling trampoline will also be utilized as well as many other shaping and strengthening tools of the sport for optimal progression and safety.

Firecrackers

This is the first of our boys only beginner class for ages 8-12 years old. They will be instructed on vault, bars, floor, trampoline and rope climb on a bi-weekly rotation, so they have enough time to learn on each event. The tumbling trampoline will also be utilized as well as many other shaping and strengthening tools of the sport for optimal progression and safety. These students tend to learn at a faster pace due to their age.



Free Trial Class

AGES 2 YEARS AND UP ALL OLYMPIC EVENTS

RECREATIONAL CLASSES TUMBLING TRAMPOLINE

COMPETITIVE GIRL TEAM

1-626-244-7810

1100 Monterey Pass Road
Monterey Park, CA. 91754
info@nextlevelgymnastics.org

Register Online

nextlevelgymnastics.org

Class Schedule

Firecrackers (Boys)

5-7 years (Beginners)
Tuesday 3:30-4:30pm
Wednesday 4:45-5:45pm

Dynamites (Boys)

8-12 years (Beginners)
Tuesday 4:45-5:45pm
Wednesday 3:30-4:30pm

Tumbling (Coed)

12-18 years (Beg. Int. Adv.)
Tuesday Thursday 7:30-8:30pm



Monthly Class Tuition

45 minutes per week	\$90.00 per month
1 hour per week	\$95.00 per month
1.5 hours per week	\$125.00 per month
2 hours per week	\$170.00 per month
3 hours per week	\$225.00 per month
4 hours per week	\$265.00 per month
6 hours per week	\$295.00 per month
9 hours per week	\$345.00 per month
12 hours per week	\$375.00 per month
16 hours per week	\$415.00 per month
18 hours per week	\$445.00 per month

\$75 Registration Fee (Per Family) - Annually
20% Discount for 2nd and 3rd Child (Same Family)

Class Schedule

Parent / Tots (Coed)

2-3 years (Beginners)
Saturday 9:30-10:15am

Super Tots (Coed)

3-4 years (Beginners)
Tuesday Thursday 3:00-3:45pm
Saturday 10:30-11:15am

Star Level (Girls)

5-7 years (Beginners)
Monday, Wednesday Friday 4:00-5:00pm
Tuesday Thursday 5:15-6:15pm
Saturday 11:30-12:30pm

Super Star (Girls)

8-12 years (Beginners)
Monday Friday 5:15-6:15pm Tuesday
Thursday 4:00-5:00pm Wednesday 7:00-8:00pm
Saturday 12:30-1:30pm

Shooting Star (Girls)

6-12 years (Intermediate)
Tuesday Thursday 6:30-8:00pm
Wednesday 5:15-6:45pm

Pre-Team (Girls)

5-10 years (Advanced)
Tuesday Thursday 5:00-7:00pm
*All days required



Team Schedule

Xcel Bronze (Level 2)

5-10 years (Team)
Monday Wednesday Friday 5:00-7:00pm
*All days required

Xcel Silver (Level 3)

6-12 years (Team)
Monday Wednesday Friday 5:00-8:00pm
*All days required

Xcel Gold (Level 4)

7-14 years (Team)
Monday Tuesday Thursday Friday 5:00-8:00pm
*All days required

Xcel Platinum (Level 5-6)

8-16 years (Team)
Monday Tuesday Thursday Friday 4:00-8:00pm
*All days required

Xcel Diamond (Level 7-8)

9-18 years (Advanced)
Monday Tuesday Thursday Friday 4:00-8:00pm
Wednesday 4:00-6:00pm
*All days required

