



Cassell Training Center

AGILITY, BALANCE & STRENGTH

CLASS DESCRIPTIONS

GIRLS ONLY GYMNASTIC PROGRAMS

A/1 – This class is for girls ages 5-7. They will progress to other levels based on skills acquired at this level.

Level 1 – This class is for girls ages 8 and up. If a child has progressed through the skills in previous levels, they may be moved up at younger ages.

Level 2-6 – These levels are for children that have proficiently achieved required skills to continue to move the levels with coach approval.

Dress Attire:

Preschool – Level 5/6: ALL girls are required to wear a one-piece leotard. They may wear shorts or leggings over their leotard. NO skirts or tutus are allowed. Hair must be restrained **BEFORE** entering the gym.

Girl's Tumbling Classes: A leotard is preferred. Tight fitting t-shirt and shorts/leggings are acceptable.

Xena Warriors (NINJAS FOR GIRLS)

Xena Warriors-In class you will tumbling, balancing, running agility, obstacle courses. Ages 5-10

Dress Attire: A leotard is preferred. Shorts/leggings are acceptable over the leotard.

GIRLS & BOYS GYMNASTIC PROGRAMS

Tumbling Only- These classes are for children ages 7 and up. We will teach them tumbling on the floor, trampoline and tumble trac. We have various levels and required skills that are needed to move through the levels, and is based on coach recommendation. We offer beginning, advanced beginning, intermediate, advanced and elite levels.

home. NO EXCEPTIONS AND NO MAKE UP CLASS WILL BE ALLOWED FOR POOR PLANNING ON REQUIRED UNIFORMS.

BOYS all classes: t-shirt and elastic waist banded shorts. **No cargo shorts or shorts with metal.**

BOYS ONLY GYMNASTIC/NINJAS PROGRAMS

Ninjas In class you will learn tumbling, balancing, running agility, obstacle courses.

Class levels

Ages 5-10

Ninja Classes t-shirt and elastic waist banded shorts. **No cargo shorts or shorts with metal.**