

Carroll County Recreation Class Descriptions-

Parent Tot- (walking to 24 months) A 30 minute class designed for the child and parent to interact together to learn gross motor skills and basic gymnastics skills.

Tiny Tot 2- (2 year olds) A 30 minute class designed for the child to learn gross motor skills, listening skills, and basic gymnastics skills.

Tiny Tot 3- (3 year olds) A 45 minute class designed for the child to learn gross motor skills, listening skills, and basic gymnastics skills.

Preschool- (4 & 5 yr. olds) A 1 hour class designed to focus on the fundamentals of gymnastics including skills on the floor exercise, balance beam, vault, uneven bars, and trampolines.

Gym 1- (5 yrs. old & up) A 1 hour class designed for beginners that want to learn the fundamentals of gymnastics to progress to more intermediate skill levels.

Gym 2- (5 yrs. old & up) A 1 hour class designed for children that have mastered the basic gymnastics skills and want to progress to more advanced skill levels. (Must have back roll on floor, cartwheel, & handstand to vertical)

Gym 3- (5 yrs. old & up) A 1 hour class designed for children that mastered the intermediate skill level. (Must have 1 handed cartwheel, round off, backbend kick over down incline mat and pullover on bars)

Beginner Tumbling- (1st-5th grade) A 1 hour class designed for children that want to learn the fundamentals of basic tumbling skills.

Intermediate Tumbling- (1st- 5th grade) A 1 hour class designed for children that know the basic tumbling skill and want to learn more advanced skills. (Must have round off and a back bend with straight arms)

Advanced Tumbling- (1st-5th grade) A 1 hour class designed for children that want to master advanced tumbling skills. (Must have a standing back handspring on the floor)

Cheer 1- (6th grade & up) A 1 hour class designed for children that want to learn the fundamentals of tumbling.

Cheer 2- (6th grade & up) A 1 hour class designed for children that want to learn series tumbling and standing back tucks. (Must have standing back handsprings and round off back handspring)

Cheer 3- (6th grade & up) A 1 hour class designed for children that want to learn back tucks and layouts. (Must have standing 2 back handsprings and round off 3 back handsprings)

Cheer 4- (6th grade & up) A 1 hour class designed for children that want to learn twisting tumbling.

(Must have standing tuck, stand back handspring tuck, round off tuck, and round off back handspring tuck)

Boys Gymnastics- (4 yrs. & up) A 1 hour class designed for boys to learn fundamentals of gymnastics and work on strength and conditioning skills.