

## **PROGRAM DESCRIPTION:** **(BY CLASS)**

### **Parent & Tot (1 - 3 years old)**

A 45 minute preschool program class specially designed to foster creativity for new movers. In a fun and safe environment, children in this class gain body awareness to enhance fine and gross motor skills in a social setting. The role of the caregiver is essential as they play and explore together through movement and activities.

### **Preschool (3 - 5 years old)**

A 45 minute preschool program class focuses on using the FUNdamentals in gymnastics in order to provide young learners the ability to enhance their motor skills, balance, coordination, body awareness, and social emotional development. Children will participate in a wide range of gymnastics activities, games, and play in a positive and fun environment along with learn in a class setting basics such as taking turns, acceptable behavior, and interactions between peers.

### **Beginner Girls/Boys Gymnastics (6+ years old)**

This 1 hour class provides both boys and girls with the foundational skills needed in gymnastics. Whether your child has participated in any of our preschool program or it's their first time in gymnastics, this beginner class is the perfect introduction as it allows them to familiarize themselves with apparatuses such as floor, balance beam, uneven bars, and vault for girls and for boys additional apparatuses such as rings and parallel bars. Children enrolled in this class will practice alongside their peers to gain coordination, balance, confidence, gymnastics knowledge, increased strength and flexibility, all in a fun and safe environment.

### **Tumbling (6+ years old)**

This 1 hour co ed class is intended for athletes who wish to focus on learning/advancing their tumbling skills. Whether your child has prior experience or it's their first time in a tumbling class, for this program our coaches are able to accommodate all skill levels to develop and enhance tumbling skills. This program also includes flexibility and strength training.

### **Intermediate Gymnastics\***

This 1 hour and 15 min intermediate gymnastics class is the secondary level of our girls recreational program. students who have successfully mastered the basic gymnastics skills on all events will be able to progress into our intermediary level of gymnastics in order to learn harder skills and challenge themselves.

### **Advanced Gymnastics \***

This 1 hour and 30 min advanced gymnastics class is the next level of our recreational program. Girls who have successfully mastered intermediate gymnastics skills on all events will be able to progress into our advanced level of gymnastics in order to learn harder skills and challenge themselves.

\*Please note, enrollment in the intermediate or advanced classes are based on evaluation or coaches recommendation only.

### **Women's Competitive Team**

Our competitive team's range from Xcel Program levels as well as Developmental Program Optional levels 7-10. Evaluation and invitations are required and based on availability and coaches discretion. Annual Open Tryouts are scheduled each year in the summer.

### **Mobile Gymnastics Program**

An additional program outside our facility. Our mobile gymnastics program services local preschools in Oahu by offering our gymnastics instruction, equipment, and curriculum as an additional enrichment activity for participants in your own space. Each mobiles session runs on a 4 week basis with each client, and can be renewed each session or based upon the clients timeline.

### **Session Tuition**

<b>Class</b>	<b>1 x wk Session Tuition</b>	<b>2 x wk Session Tuition</b>
Parent & Tot	\$85	<b>NEW</b> \$155
Preschool	\$90	<b>NEW</b> \$160
Beginner Boys	\$95	*\$170
Beginner Girls	\$95	*\$170
<b>NEW</b> Tumbling	\$95	*\$170
Intermediate Gymnastics	\$100	\$180
Advanced Gymnastics	\$105	\$190

\*Beginner/Tumbling multi classes to be offered in the future!

#### **\*Discounts:**

10% sibling discount off Tuition!

#### **NEW!!! Ask us about our in person Discounts:**

5% Kama'aina discount for Hawaii residents. (Valid HI ID required).

\$5 OFF non-card transaction, in person only

# Ohana Gymnastics

## Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Tot & Preschool		<b>Parent &amp; Tot</b> 9:00-9:45am	<b>Parent &amp; Tot</b> 9:00-9:45am		<b>Parent &amp; Tot</b> 9:00-9:45am	<b>Parent &amp; Tot</b> 10:00-10:45am
	<b>Preschool</b> 11:00-11:45am 3:00-3:45pm	<b>Preschool</b> 10:00-10:45am 3:00-3:45pm	<b>Preschool</b> 10:00-10:45am 3:00-3:45pm	<b>Preschool</b> 3:00-3:45pm	<b>Preschool</b> 10:00-10:45am 3:00-3:45pm	<b>Preschool</b> 11:00-11:45am 12:00-12:45pm
Beginner	<b>Homeschool Girls</b> 10:00-11:00am <b>Homeschool Boys</b> 10:00-11:00am <b>Girls</b> 4:00-5:00pm	<b>Boys</b> 4:00-5:00pm <b>Girls</b> 4:00-5:00pm	<b>Homeschool Girls</b> 10:00-11:00am <b>Girls</b> 4:00-5:00pm	<b>Boys</b> 4:00-5:00pm <b>Girls</b> 4:00-5:00pm 5:30-6:30pm	<b>Girls</b> 4:00-5:00pm 5:15-6:15pm	<b>Girls</b> 1:00-2:00pm 2:15-3:15pm 3:30-4:30pm
				<b>Coed Tumbling</b> 6:30-7:30pm		<b>Coed Tumbling</b> 1:00-2:00pm
Inter.	<b>Girls</b> 5:15-6:30pm		<b>Girls</b> 5:15-6:30pm		<b>Girls</b> 5:15-6:30pm	<b>Girls</b> 2:15-3:30pm
Adv.		<b>Girls</b> 5:15-6:45pm				<b>Girls</b> 3:30-5:00pm

Updated 10/18/2025