

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/boys 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 girls 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

Class	1 x wk Session Tuition	2 x wk Session Tuition
Parent & Tot	\$85	\$155
Preschool	\$90	\$160
Beginner Boys/Girls Gymnastics	\$95	\$170
Tumbling (coed)	\$95	\$170
Intermediate Boys/Girls Gymnastics	\$100	\$180
Advanced Girls Gymnastics	\$105	\$190

***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	Parent & Tot 9:00-9:45am	Parent & Tot 9:00-9:45am	Parent & Tot 9:00-9:45am		Parent & Tot 9:00-9:45am	Parent & Tot 10:00-10:45am
	Preschool 11:00-11:45am 3:00-3:45pm	Preschool 10:00-10:45am 11:00-11:45am 3:00-3:45pm	Preschool 10:00-10:45am 3:00-3:45pm	Preschool 3:00-3:45pm	Preschool 10:00-10:45am 11:00-11:45am 3:00-3:45pm	Preschool 11:00-11:45am 12:00-12:45pm
Beginner	Homeschool Girls 10:00-11:00am Homeschool Boys 10:00-11:00am Girls 4:00-5:00pm	Boys 4:00-5:00pm Girls 4:00-5:00pm	Homeschool Girls 10:00-11:00am Girls 4:00-5:00pm	Boys 4:00-5:00pm Girls 4:00-5:00pm 5:30-6:30pm	Girls 4:00-5:00pm 5:15-6:15pm	Girls 1:00-2:00pm 2:15-3:15pm 3:30-4:30pm
				Coed Tumbling 6:30-7:30pm		Coed Tumbling 1:00-2:00pm
Inter.	Girls 5:15-6:30pm	Boys 5:15-6:30pm	Girls 5:15-6:30pm		Girls 5:15-6:30pm	Girls 2:15-3:30pm
Adv.		Girls 5:15-6:45pm				Girls 3:30-5:00pm