

# SMG Class Descriptions 2020-2021

Class	Age	Recital Attire	Class Description
<b>PRESCHOOL GYMNASTICS &amp; COMBO CLASSES</b>			
<b>Mini-Gym</b>	<b>3-4</b>	leotard	SMG's Preschool program will help your child improve their <b>motor skill development</b> (skipping, hopping, swinging, etc) but they also will be introduced to <b>social awareness skills</b> (listening, sharing, following rules, and taking turns). Students are introduced to general physical fitness skills as well as basic gymnastics skill development which includes: Vault, Bars, Beam, Tumbling and Trampoline! Monthly themes and year-end recital!
<b>Preschool</b>	<b>4-5</b>	leotard	
<b>Kindergym</b>	<b>5-6</b>	leotard	
<b>Advanced Kindergym</b>	<b>5-6</b>	leotard	
<b>Online Training</b>	<b>3-5</b>		Pre-recorded class workout once a week. Options - online training alone or add it to another class. Can switch to live classes if space is available.
<b>Ballet/ Gym 1</b>	<b>3-4</b>	costume	A combination class with both gymnastics and ballet! The dancer will learn foundational, curriculum-based ballet technique with a fun new theme each month such as FROZEN theme! Ballet / Gym combo 2 is for ages 5-6.
<b>Ballet/ Gym 2</b>	<b>5-6</b>	costume	
<b>Pre-Acro/Gymnastics Combo</b>	<b>3-5</b>	leo & shorts	These gymnastics classes focus specifically on Tumbling, Floor Work and Acro skills. Improves balance, posture, strength & flexibility!
<b>Hip Hop/Gymnastics Combo</b>	<b>3-5</b>	leo & shorts	Hip-hop classes are fun and funky classes that combine gymnastics and hip hop dance combinations and new choreography monthly. Fun & age appropriate music.
<b>NINJA CLASSES</b>			
<b>Grasshoppers</b>	<b>4-6</b>	T-shirt, shorts	Our Ninja program combines: Gymnastics, Tumbling, Obstacle training, Parkour techniques The focus is developing motor skills through mobility, balance, power, strength & endurance. We want to create a strong mind and body through fitness in a fun and safe manner.
<b>JR Ninjas</b>	<b>6-12</b>	T-shirt, shorts	
<b>Super Ninjas</b>	<b>7-12</b>	T-shirt, shorts	
<b>Online Training</b>	<b>6-12</b>		Pre-recorded class workout once a week. You can do just online training or add it to another class. Can switch to live classes if space is available.
<b>GYMNASTICS &amp; COMBO CLASSES</b>			
<b>Shooting Stars</b>	<b>6-12</b>	leotard	SMG's Recreational Classes are designed to have FUN while learning. We encourage all students to reach their full potential at their own pace. Students are placed in classes according to ability and age. Students will work on all Olympic Events: Vault, Bars, Beam, and Floor.
<b>Rising Stars</b>	<b>7-14</b>	leotard	
<b>Super Stars</b>	<b>8-18</b>	leotard	
<b>Shining Stars*</b>	<b>7-16</b>	leotard	This class includes three in house fun meets where students perform a routine on each event: Vault, Bars, Beam & Floor. This class is part of our Xcel Program - please see description below.
<b>Online Training</b>	<b>6-18</b>		Pre-recorded class workout once a week. You can do just online training or add it to another class. Can switch to live classes if space is available.
<b>Acro/Gymnastics Combo</b>	<b>6-12</b>	leo & shorts	These gymnastics classes focus specifically on Tumbling, Floor Work and Acro skills. Great for cheerleaders or dancers to improve balance, posture, strength & flexibility! Coach: Kayla
<b>Hip Hop/Gymnastics Combo</b>	<b>6-12</b>	leo & shorts	Hip-hop classes are fun and funky classes that combine gymnastics and hip hop footwork, combinations and new choreography monthly. Coach Kayla
<b>Mixed Dance/Gymnastics Combo</b>	<b>6-12</b>	leo & shorts	A fun sampler class that includes many styles of dance including Hip Hop, Jazz, Ballet, & Gymnastics. Coach Kayla
<b>Advanced Mixed Dance Combo</b>	<b>10-18</b>	leo & shorts	Includes many styles of dance including Hip Hop, Jazz, Ballet & Lyrical. By invitation only, after evaluation. Coach Kayla
<b>Advanced Mixed Dance</b>	<b>10-18</b>	leo & shorts	
<b>Ballet/Gymnastics Combo</b>	<b>7-16</b>	costume	A combination class with both gymnastics and ballet! The dancer will learn foundational, curriculum-based ballet technique. Coach Kayla
<b>Pom/Gymnastics Combo</b>	<b>6-10</b>	T-shirt, shorts	Pom dance teaches the girls all the latest dance moves! The "poms" add so much more fun to the moves, while you dance to the latest tunes! Focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. New choreography monthly. Must bring your own poms in a bag with your name. Instructor: Coach Katelyn
<b>XCEL PROGRAM &amp; COMPETITIVE TEAM</b>			
<b>Hotshots</b>	<b>6-12</b>	leotard	SMG's Xcel Program classes consists of noncompetitive teams that include Hot Shots, Shining Stars, Xcel Bronze & Silver. Students will work on developing their basic skills as well as strength and flexibility. Emphasis on strong fundamentals, confidence, working independently, proper skill progressions and techniques. Students will learn a compulsory routine on each event: Vault, Bars, Beam & Floor. Three in-house fun meets are included. These gymnasts will perform in the annual year-end recital. These students purchase their class tank leotard at the beginning of the season. No travel makes this a less expensive option than the competitive team and requires less commitment.
<b>Shining Stars (SS), XB, XS</b>	<b>6-12</b>	leotard	
<b>SS, XB, XS plus online</b>	<b>7-16</b>	leotard	
<b>XB / XS</b>	<b>7-16</b>	leotard	
<b>XB / XS / XG + online</b>	<b>7-16</b>	leotard	
<b>Advanced Dance Mix</b>	<b>10-18</b>	leo & shorts	Includes many styles of dance including Hip Hop, Jazz, Ballet & Lyrical. By invitation only, after evaluation. Coach Kayla
<b>Competitive Team</b>	Invitation only	Team attire	For more information on our competitive team please email us.