

Gym Central

Ages 6-18; girls and boys classes separate
8:1 student/teacher ratio; **3 student minimum**

Girls Gymnastics – 50 minute classes*

Intro

Students learn the basic positions and safety concepts on the girls' events: vault, bars, beam, and floor. Skills include forward rolls, handstand, and cartwheel basics.

Advanced Beginner

Students continue to learn the fundamental skills on vault, bars, beam, and floor. Emphasis is placed on skill development. Skills include back bends, kick overs, and vertical handstands.

Intermediate

Students progress with skill difficulty on vault, bars, beam, and floor. Skills include round-offs, walkovers, and introduction to flips.

Advanced

Students have attained all the intermediate skills and are ready to work hard to excel. Instructors hold a higher standard for skills and proper technique. Skills include perfecting form, flips, and back handsprings.

Boys Gymnastics – 50 minute classes

Intro

Students learn basic positions, safety concepts, and strength building for the boys' events: floor, pommel horse, rings, vault, parallel bars, and horizontal bar. Skills include forward rolls and cartwheels.

Advanced Beginner

Boys will use their strength to develop the fundamental skills on floor, pommel horse, rings, vault, parallel bars, and horizontal bar. Skills include handstands, swings, and pullovers.

Intermediate

With increasing strength, boys will be able to build on the basics and attain more difficult skills on the boys' events. Skills include handsprings, round-offs, and back hip circles.

Students placement level determined at coaches' discretion

Girls Competitive Team and Pre-Team

Girls Ages 5-18

PEGA currently competes USA Gymnastics Women's Artistic Gymnastics. Participation in the Competitive Program is by invite only. Students are evaluated at the team coaches' discretion. All inquiries about the Team and Pre-Team Program may be directed to a team coach.

Preschool Program

Ages 18 months through 5 years old; girls and boys together
6:1 student/teacher ratio; **3 student minimum**

Parent/Child 1 & 2 – 45 minute classes (18 months to 3 years)

Emphasis is on the parent/child relationship within a physically stimulating environment. We lead the focus on fun through gross motor skills, coordination, and cooperation with gymnastics based activities. This is perfect for the introduction of a fun and safe physical activity for your child!

Threes – 45 minute classes

This class begins the teacher/child relationship. The focus is on fine and gross motor skills, instruction taking skills, and listening skills, with gymnastics based activities. The safety of your child is always first!

Fours/Fives Gymnastics – 50 minute classes*

Intro

This level focuses on the introduction of basic gymnastics skills in an area designed just for the pre school aged child. They will explore the events of Vault, Bars, Beam, Floor, and Trampoline. The correct form and technique will always be a priority. Of course, fun and safety will always come first!

Advanced Beginner

This class continues to build on the basic positions and skills learned in the Intro class. Children are encouraged to further advance those already learned skills within their physical ability.

Intermediate

At this level, children have shown that they are quick learners and good listeners and have mastered the correct form and technique upon which more advanced skills may be taught.

Advanced

This class keeps molding the foundation of the mastered basic gymnastics skills on which higher level skills are built. Perfect for children who master the intermediate class level skills very quickly and are ready for a challenge. Most advance level of our program.

Home School Gymnastics

Ages 3-18; girls and boys together
8:1 student/teacher ratio; **3 student minimum**

Girls and Boys Gymnastics – 50 minute classes

Students are kept active using all the gymnastics equipment in a fun but educational environment. Instruction is group oriented rather than divided into skill levels. A larger range of ages may be in class together. \$130 per session. Multiple child discount available

Flip City

Ages 6-18; girls and boys together
8:1 student/teacher ratio; 3 student minimum

Tumbling – 50 minute classes*

Intro

Students learn the basic gymnastics positions and skills for floor and get comfortable with trampoline jumping techniques. No prior experience required.

Advanced Beginner

Students will refine their prior basics, begin learning limber skills, and improve tramp skills safely. The focus is on proper skill technique in order to gain confidence and power for safe and effective tumbling.

Intermediate

Instructors expect students to have confidence in fundamental skills. Students will progress into power tumbling and beginning of flips.

Advanced

Tumblers in this class will work at their own pace on the advanced skills whilst having their own personal tumbling goals in mind to achieve during their class. Instructors expect excellent basic skills and require students to have an unassisted back handspring to be in the class.

Cheer

This class is designed for girls and boys 5th grade and up interested in developing necessary basic skills for school to all-star cheerleading. Jumps, motions, and tumbling for all levels will be the main elements of the class.

Students placement level determined at coaches' discretion

Ninja Experience

Ages 6-18; girls and boys together
8:1 student/teacher ratio; 3 student minimum

Level 1

Basic free running movements, coordination, and equipment safety and familiarity is the main focus of this class.

Level 2

More complicated free running techniques as well as gymnastic movements are introduced here. Strength building will become more important.

Level 3&4

Combining the strength and skill base learned in previous levels, students will learn to form their own solutions to overcome difficult obstacles in a quick and fluid way. Free running skills will become more refined, as new gymnastic oriented skills, like flips, are learned.



Prices and Discounts

10 Week Session Tuition

\$145 for 45 minute classes

\$165 for 50 minute classes

Annual Registration Fee

\$40 per family with one student

\$65 per family with 2 or more students

Registration Fee pro-rate quarterly

Discounts

10% off for second child

10% off for second class same child

2240 W Altorfer Dr. Peoria, IL
(309)713-1641 www.peoriaelite.com
Email: info@peoriaelite.com