

JOANNA'S KIDS R IT

Floor Gymnastics

Mondays

Pre Gym (Ages 2-5) 4:30pm

Beginning Elementary Gym (Ages 6+) 5:30pm

This floor exercise floor gymnastics program, no apparatus, provides student with a solid background in beginner level skills though Intermediate advanced level skills for ages 2yrs, & up through High School aged and beyond.

From front somersaults, to front and back walkovers, one cartwheel variations, front and back handsprings, and aerial work all of our gymnasts are challenged at a level appropriate for their individual needs, and abilities in a positive environment. Regardless of body type, or co ordination, everyone interested in exploring their abilities in gymnastics is encouraged to discover their best. Our program does not utilize any “props” (mini tramp, parachutes, etc). We work directly, hands on, with each student, based on their abilities. Students progress as they are able, once they acquire a skill they move on to the next, regardless age.

The program includes competitive form, at the more advanced levels, as well as preparatory skills for some apparatus work, our exhibition gymnastics team has performed at Golden 1 Arena, Raley Field, the California State Fair, & the Capital.

RIO LINDA COMMUNITY CENTER

SEE INFO PAGE FOR PRICES AND GENERAL INFORMATION