**Class Schedule 2025-2026**

**Preschool Class Times Toddler Class Times**

Monday 4:00-5:00pm 5:00-6:00pm Thursday 10:00-10:45am

Thursday 9:00-10:00am Saturday 11:30am-12:15pm

4:00-5:00pm 5:00-6:00p

Friday 4:00-5:00pm 5:00-6:00pm

Saturday 10:30-11:30am

The duration of a Toddler Class is 45 minutes. Our goal is to present an introduction to gymnastics for our 2 year olds. We want this class to be one of the first best sports experience for each student. This class features student/teacher interaction with parental involvement. In this class the student will learn basic gymnastics on all the gymnastics events. The parent will have hands on supervision while helping the teacher with their child’s learning process.

The benefits of participating in this class are listed below.

1. Social interaction with other students during the class.
2. Participating in the student/teacher relationship.
3. Learning gymnastics in a fun and exciting environment.
4. Being challenged through movement.

**Preschool Classes-**

The duration of the preschool class is 60 minutes. The age group is 3-5 years old. Our goal is to present gymnastics in a fun and enjoyable manner. We want to challenge our preschoolers to think and be physical. The class features challenges and skill progressions that are directed by weekly lesson plans. **We pride ourselves in having the largest preschool gymnastics program in Onondaga County.**

The benefits for participating in this class are listed below.

1. Learning gymnastics from teachers who love the sport. Some, who have been State, Regional, and National Champions.
2. Each student will improve on strength and flexibility.
3. Students will learn quickly with easy progressions from weekly lessons plans.
4. Teachers will present weekly challenges that will be fun and rewarding.

**WEST SIDE IS THE BEST SIDE!**