

Keesler YP Gymnastics & Cheerleading Class Descriptions

Stroller Strides – Ages 0 – 24 months

A class for new moms to bring their stroller and baby into their workouts to help regain muscle and get their pre-baby body back. *5 students per class*

Mommy/Daddy and Me - Ages 12 – 24 months

A class designed for 12-24-month-old toddlers to attend with the help of their parents. We will focus on balance, stability and air awareness. This will also help with hand-eye coordination. *5 students per class*

Air force Ones - 3 years of age

A class for three-year olds to attend without their parent's help. We will focus on how to stretch, balance, and beginner gymnastics basics. For example, somersaults, walking on the balance beam and being able to support themselves on the bar. *5 students per class*

Mini Flyers - 3/4 years of age

This class will be for three-year olds that have already mastered their skills in Air Force ones and new four-year olds. It will be similar to the Air Force Ones, but they will be responsible for using correct technique when executing their skills. We will also be learning more advanced skills on the beam, floor and bar. For example, backwards somersaults, walking backwards on the beam, being able to do a front support on the bar with a roll down, and much more. *5 students per class*

Flyers - 4/5 years of age

This class will be for four-year olds who have already mastered their skills from Mini Flyers, and 5 year olds. Students will be learning more advanced skills on the floor, such as hand stands and cartwheels. Beam and bar will continue to get more challenging as well. *5 students per class*

Cheer Prep level 1 - Ages 4 - 6

This class will focus on the technique and execution of motion placement, jumps, minimal tumbling, minimal stunts, and learning choreography to develop a mini cheer routine to show the parents at the end of each month. *8 students per class*

Cheer Prep Level 2 - Ages 6 - 8

This class will focus on the technique and execution of motion placement, jumps, minimal tumbling, minimal stunts, and learning choreography to develop a mini cheer routine to show the parents at the end of each month. *8 students per class*

Cheer Prep Level 3 - Ages 9 -12

This class will focus on the technique and execution of motion placement, jumps, minimal tumbling, minimal stunts, and learning choreography to develop a mini cheer routine to show the parents at the end of each month. *8 students per class*

Stunt Class - Ages 6 - 12

This class is for the ones who only want to learn about stunting. We will work on multiple different stunts depending on the size and skill level of the individuals in the class. Example: shoulder sits, thigh stands, prep level builds (shoulder height), extensions (above the head), and some pyramids. *15 students per class*