

Gymnastics

Fully equipped and insured facility with certified instructors/coaches with clearances from the USA Gymnastics Organization.

Deadline for all Willow Tree Programs is one week prior to start date.

CLASSES HELD AT:

Willow Tree Gymnastics
1605 Ligonier Street • Latrobe
724-539-0899 • wtgymnastics.com
willowtreegymnastics@gmail.com



Girls Gymnastics AGES: 7+

Trampoline – Uneven Bars – Balance Beam – Tumbling And More! Emphasis on strength, flexibility, balance, kinesthetic awareness, coordination, agility and grace. Class will be broken into groups depending on skill level and age as needed. (6 Classes)

TIME: Wed., 6:30-7:25 pm
SESSION 1: 9/5 – 10/10
SESSION 2: 10/17 – 12/5 *No class 10/31 or 11/21
SESSION 3: 1/2 – 2/6
SESSION 4: 2/13 – 3/20
LOCATION: Willow Tree Gymnastics Academy
FEE: \$50/60/65

Pre-School Gymnastics AGES: 4-6 YEARS

Rolls, cartwheels, handstands and bridges (back bends)! Great intro to tumbling but beginning bars (coordination and strength) and balance (on beams / shaped equipment) will be incorporated, too! Classes held in our separate pre-school gymnastics room. Parents may watch, but child must be comfortable with parent out of the room. (6 Classes)

TIME: Wed., 5:30-6:25 pm
SESSION 1: 9/5 – 10/10
SESSION 2: 10/17 – 12/5 *No class 10/31 or 11/21
SESSION 3: 1/2 – 2/6
SESSION 4: 2/13 – 3/20
LOCATION: Willow Tree Gymnastics Academy
FEE: \$40/50/55



Parent & Me AGES: 18 MONTHS – 3 YEARS

Emphasis on gross motor skills development, balance, strength, flexibility and FUN! Moms and/or Dads are to participate with their tots. (6 Classes)

TIME: Wed., 5-5:25 pm
SESSION 1: 9/5 – 10/10
SESSION 2: 10/17 – 12/5 *No class 10/31 or 11/21
SESSION 3: 1/2 – 2/6
SESSION 4: 2/13 – 3/20
LOCATION: Willow Tree Gymnastics Academy
FEE: \$32/42/47

Boys Ninja Parkour AGES: 7+ YEARS

The art of overcoming obstacles as swiftly and efficiently as possible, using only your body. The fundamentals include running, jumping and climbing and we build on these fundamentals to improve our ability to pass over, under, around and through obstacles. Parkour improves strength, speed, agility, coordination, stamina and endurance. (6 Classes)

TIME: Wed., 7:30-8:25 pm
SESSION 1: 9/5 – 10/10
SESSION 2: 10/17 – 12/5 *No class 10/31 or 11/21
SESSION 3: 1/2 – 2/6
SESSION 4: 2/13 – 3/20
LOCATION: Willow Tree Gymnastics Academy
FEE: \$50/60/65

