

Urban Gymnastics Class Descriptions (Ages 5–18 years old)

Young Urban Description:

(Ages 5 – 8 years old):

Young Urban Gymnastics is a discipline that teaches students (boys & girls, ages 5 – 8 years old) to effectively navigate an environment in a creative manner no matter the obstacle. This is achieved through the use of core gymnastics and tumbling skills in combination with alternative Jumping – Climbing – Running – Strength and Balancing techniques. Examples of Urban Gymnastics have been seen in movies such as 007: Casino Royale, Prince of Persia and the hit T.V. show American Ninja Warrior. This discipline celebrates the unique interaction between the human body and objects within the Urban Gymnastics environment. Students will learn how to vault over objects, climb over objects swiftly, perform intermediate acrobatic skills, and improve their improve strength and flexibility.

Urban Description:

(Ages 9 – 18 years old):

Urban Gymnastics builds off of the skills gymnasts may have learned in our Young Urban class, to teach students (boys & girls, ages 9 – 18 years old) more advanced techniques to effectively navigate an environment in a creative manner no matter the obstacle. This is achieved through the use of core gymnastics and tumbling skills in combination with alternative Jumping – Climbing – Running – Strength and Balancing techniques. Examples of Urban Gymnastics have been seen in movies such as 007: Casino Royale, Prince of Persia and the hit T.V. show American Ninja Warrior. This discipline celebrates the unique interaction between the human body and objects within the Urban Gymnastics environment. Students will learn how to vault over objects, climb over objects swiftly, perform intermediate acrobatic skills, and improve their improve strength and flexibility.