

Team OGI's "Jungle Gym"

Team OGI has designed the perfect lair for learning - The Jungle Gym! In the Jungle Gym preschool aged children can learn about movement and gymnastics in a safe, progressive, fun and exciting environment. Our "Animals" are



Toddling Turtles

This class of young athletes is designed for Turtles [children] between the ages of 18 and 36 months. Typically this will be the first time that this group of children will have someone other than their parents providing instruction. The purpose of this class is to develop social skills, basic gross motor skills, rhythmic, eye-hand and eye foot coordination, color and shape recognition as well as beginning gymnastics skills. A parent must accompany their child into "the Jungle". Much of the class involves instruction for the parents on developmental limitations and expectations for children of this age as well as the proper techniques for assisting your child in developing gross motor skills and listening skills. Class size is limited to 8 students.

Classes last 45 minutes



Bouncing Bears & Jumping Jaguars

Bouncing Bears is designed for children between the ages of 3 and 6 years old. Jumping Jaguars is designed for 5 & 6 year olds. Children must demonstrate the ability to work independently of their parents in a group environment in order to be accepted into this level. Children at this level are taught to understand their potential in an environment which stimulates learning through discovery. Children work on basic gymnastics skills as well as specific gross motor skills, rhythmic, general sports skills such as kicking, throwing, catching and striking objects. Basic gymnastic strengths and flexibilities are developed as well as an appreciation for the artistic value of gymnastic form and the joy of human movement. Games are offered in non competitive formats which encourage the joy of participation, initiative, and individual expression. Class size is limited to 8 students.

Classes last one hour



Tumbling Tigers

These "Tigers" must have previous movement and/or gymnastics experience in order to attend this class. Specific skills, strengths, flexibilities and knowledge are the prerequisites for this more advanced level of instruction (a list is available from the office). During these classes these

performance. Skills become more challenging and complex; games include more specific rules developing a respect for officials and sportsmanship. Strength and flexibility are developed to a higher level and include calisthenics, hold positions, and flexibility work. Tigers are best trained at this level when they are between 4 and 6 years old. Class size is limited to 8 students.



Leaping Lions

You may only join our pride by invitation. Becoming "Kings and Queens" of the Jungle requires extensive experience. Skills, strengths, flexibilities and sequences are of a very refined nature. These powerful Lions develop more complicated and difficult skills as well as beginning routines. Gymnasts are encouraged to refine skills and develop an appreciation for the aesthetic beauty of gymnastics movement. Competition in various forms is introduced to help children understand how to win with honor and how to accept defeat without losing pride and self esteem. The lions in these classes are typically between the ages of 5 and 6 years old. Class size is limited to 10 students.

Classes last 90 minutes.



CHEERLEADING HEADQUARTERS

Team OGI offers five types of Cheerleading Instruction. We also offer Competitive Cheerleading Squads. Classes are designed for students in first grade and older.

The Red Squad

These classes are designed for any level of Cheerleading ability but are limited to 7th grade and younger. No previous experience is required. Athletes work on jumps, tumbling, cheer positions and basic stunting. Instructors focus on the young cheerleader's need for developing excellent presentation and correct basics. The advanced students work safe, progressive tumbling skills and unique jump combinations. Class size is limited to 10 students.

Classes last one hour

White Squad

This entry level class is designed for the beginning Cheerleader who is in 8th grade and older. No previous experience in cheerleading or gymnastics is necessary. Athletes work on tumbling skills, jumps, basic stunting, cheer positions, and work to acquire the strength and flexibility necessary to develop more difficult skills. Class size is limited to 10 students.

Classes last one hour



Blue Squad

This class is designed for the more experienced cheerleader of any age. The ability to perform a round-off-back-handspring is a prerequisite. Athletes in this class work on multiple tumbling skills, flipping skills, and skills with twisting and flipping combined. More difficult stunting and tosses are trained at this level. Cheerleaders must maintain a level of intensity which compliments the level of difficulty practiced in this level of training. Class size is limited to 10 students.

Classes last one hour

JUST BACKHANDSPRINGS

This class is designed for the cheerleader who is still trying to perfect her back handspring. Classes are very intense and physically demanding. Class size is limited to 6 students.

Classes last 45 minutes

New!! Trampoline & Tumbling Classes

T&T is a discipline of Gymnastics which does not include the traditional gymnastics apparatus. Instead athletes train acrobatic skills on Trampolines and Tumbling surfaces. These students spend more time in the air than they do on the ground! Let your child enjoy our six Trampolines, two Tumble Tracks and four separate Tumbling surfaces. Throw in our great instructors and you won't believe what a great time your children will have.

Classes last one hour