

# HCDG Recreational Gymnastics Program

## Preschool Gymnastics (Ages 3–5)

Age	Class	Focus
3	Preschool Gymnastics	Movement, balance, coordination
4	PreKinder Gym	Strength, flexibility, beginner skills
5	KinderGym	Gymnastics fundamentals & confidence

## Gymnastics Stars Program (Ages 6+)

Level	Who It's For	Focus
Yellow Stars	Beginner gymnasts	Intro skills, strength & confidence
Blue Stars	Gymnasts who pass testing	Skill development & consistency
Green Stars	Advanced recreational gymnasts	Advanced skills & control

## Conditioning & Strength Classes (Optional Add-Ons)

Age	Class	Purpose
6–8	Condition & Stretch (6–8)	Flexibility, mobility, body control
9–12	Condition & Stretch (9–12)	Strength, flexibility, injury prevention
13+	Strength Training (13+)	Power, conditioning & athlete health

# Which Gymnastics Class Should My Child Take?

**Start with your child's age:**

**Age 3**

→ Preschool Gymnastics

**Age 4**

→ PreKinder Gym

**Age 5**

→ KinderGym

**Age 6 or Older**

→ Gymnastics Stars – Yellow (Beginner)

→ Progress to Blue Stars and Green Stars through skill testing

**Want to support strength and flexibility?**

→ Ages 6–8: Condition & Stretch (6–8)

→ Ages 9–12: Condition & Stretch (9–12)

→ Ages 13+: Strength Training (13+)

**Still unsure?**

Our coaches are happy to help place your child in the best class for their age, experience, and confidence level.