



Do your kids need a way to channel their energy?

Are they bouncing on the couch and trying handstands against every wall in the house?

If yes, then **IMPACT** has structured virtual Gymnastics and Ninja programs just for them!



May 2020 is Virtual Class Month at Impact

Virtual Preschool Program

Walking to Age 5 (Co-ed)

Who: ALL walking to 5 kids who want to jump high, roll tight, and get upside down!

30-minute Zoom workouts

Offered 4 times per week

\$45 for May (attend 1 or 2 classes per week at the same price)

6 students maximum per class

Virtual Gymnastics 1

Beginner/Intermediate (Co-ed)

Who: Girl's and boy's 5-8yrs, 8+ yrs, and little stars classes

30-minute Zoom workouts

Offered 4 times per week

\$45 for May (attend 1 or 2 classes per week at the same price)

8 students maximum per class

Virtual Gymnastics 2

Intermediate/Advanced (Co-ed)

Who: Our shooting stars, pre-teams, and higher level tumblers

30-minute Zoom workouts

Offered 4 times per week

\$45 for May (attend 1 or 2 classes per week at the same price)

8 students maximum per class

Virtual Ninja Program

Ages 6+ (Co-ed)

Who: ALL Ninja and tricking kids who want to get faster, stronger, and better prepared to flip!

30-minute Zoom workouts

Offered 2 times per week

\$45 for May (attend 1 or 2 classes per week at the same price)

8 students maximum per class

Sign up is required!



Call 219-0343 OR e-mail us at Staff@impact-gymnastics.com

May 2020 is Virtual Class Month at Impact

Q. What will the virtual classes entail?

A. All virtual classes will have specific-skill instruction, flexibility, strength and lots of FUN!!!

Q. How many classes can my child attend each week?

A. \$45 monthly fee allows your child to attend 1 or 2 classes each week. You choose which ones.

Q. Are there any discounts available?

A. Yes. 10 % military discount. 10 % sibling discount (for each child after the 1st one)

Q. Can my child attend more than 2 classes in one week?

A. No. We are trying to save space for lots of kids. If interest is there, we will add classes!

Q. Do parents need to be present during the workouts?

A. Preschool classes require a parent to help with spotting and follow-along. All other virtual classes require a parent at home to ensure safety throughout the workout

Q. Do I have to sign up for the same time slot each week?

A. No. If there are openings, you can sign up for the times that fit your schedule

Q. When will I receive the link to access the class?

A. Each morning between 8-9am we will send the Zoom links to the kids signed up for class that day

May 2020 Virtual Preschool Class Schedule



An incredible class where you will learn proper rolls, cartwheels, handstands, correct jumping technique, and flexibility.... So much FUN!

Monday	Tuesday	Wednesday	Thursday	Friday
4 We can balance! @10am w/ Coach Sharron 1-foot, in a scale, & upside down. Can you balance with your eyes closed?	5 We can balance! @1pm w/ Coach Sharron 1-foot, in a scale, & upside down. Can you balance with your eyes closed?	6 Animal movements @10am w/ Coach Sydney Perch like a bird, walk like a bear, & climb like a lion. Let's be animals!	7 Animal movements @1pm w/ Sydney Perch like a bird, walk like a bear, & climb like a lion. Let's be animals!	8 Can you balance on each foot for 15 seconds without holding on to something? Try it!
11 Beginning handstands! @10am w/ Coach Sharron Handstands are fun! Walk up the wall... find your balance. Hair falls down!	12 Beginning handstands! @1pm w/ Coach Sharron Handstands are fun! Walk up the wall... find your balance. Hair falls down!	13 Let's rock and roll! @10am w/ Coach Sydney Rock in a ball, roll forward and learn a candle roll. So many different rolls!	14 Let's rock and roll! @1pm w/ Coach Sydney Rock in a ball, roll forward and learn a candle roll. So many different rolls!	15 Handstands are hard. Have your parents help you balance against the wall for a count of 5
18 Body positions @10am w/ Coach Sharron There are so many.. lunge, hollow, superman/woman, candle.. get your body strong and you'll learn fast!	19 Body positions @1pm w/ Coach Sharron There are so many... lunge, hollow, superman/woman, candle.. get your body strong and you'll learn fast!	20 Beginner cartwheels @10am w/ Coach Sydney Everyone loves a cartwheel! Learn to kick your legs high and straight. Let's GO!	21 Beginner cartwheels @1pm w/ Coach Sydney Everyone loves a cartwheel! Learn to kick your legs high and straight. Let's GO!	22 Have a show at home: Show your 5 best cartwheels Show your 5 best handstands.
25 Happy Memorial Day! 	26 The Color and Skill Game @1pm w/ Coach Sharron Find something blue AND throw it to mom 3 times... Lot's of fun w/ this game!	27 The Color and Skill Game @10am w/ Coach Sharron Find something blue AND throw it to mom 3 times... Lot's of fun w/ this game!	28 Showcase of Talent @1pm w/ Coach Sydney And Coach Sharron Don't be shy. Show your skills. Have your parents watch the show!	29 Showcase of Talent @10am w/ Coach Sydney And Coach Sharron Don't be shy. Show your skills. Have your parents watch the show!

May 2020 Virtual Gymnastics 1 Class Schedule



An incredible class where you will learn stronger handstands, cartwheels, round-offs, back bends and so much more.... Let's GO!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Everything Handstand @ 4pm w/ Coach Sydney Get your handstand stronger, longer and straighter!	5 Everything Handstand @5pm w/ Coach Sydney Get your handstand stronger, longer and straighter!	6 Let's Roll @4pm w/ Coach Tracy Forward, backward, log, and straddle... to name a few. So many ways to roll!	7 Let's Roll @5pm w/ Coach Tracy Forward, backward, log, and straddle... to name a few. So many ways to roll!	8 Can you do a 15-second handstand against a wall? Have your parents time you!
11 Crazy Cartwheels @4pm w/ Coach Sydney Cartwheels are fun to do, but they take time. Let's break it down... yippee!	12 Crazy Cartwheels @5pm w/ Coach Sydney Cartwheels are fun to do, but they take time. Let's break it down... yippee!	13 Bridges, tables, backbends @4pm w/ Coach Tracy Get more bendy, learn the foundations of the back handspring... on our way!	14 Bridges, tables, backbends @5pm w/ Coach Tracy Get more bendy, learn the foundations of the back handspring... on our way!	15 Show your 5 best cartwheels to someone at home Have them give you a score 1 through 10
18 Handstand & roll combos @4pm w/ Coach Sydney More handstands but connecting from and to other skills. Have fun!	19 Handstand & roll combos @5pm w/ Coach Sydney More handstands but connecting from and to other skills. Have fun!	20 Turns, jumps and leaping @4pm w/ Coach Tracy How high can you jump? Can you straddle jump with straight legs? YES!	21 Turns, jumps and leaping @5pm w/ Coach Tracy How high can you jump? Can you straddle jump with straight legs? YES!	22 Who can jump the highest? Who can jump the farthest? Challenge your parents
25 Happy Memorial Day! 	26 Hurdles into cartwheels @5pm w/ Coach Tracy Next level cartwheel... a short run or hurdle. You will also learn a 1-arm cartwheel. Awesome!	27 Hurdles into cartwheels @4pm w/ Coach Tracy Next level cartwheel... a short run or hurdle. You will also learn a 1-arm cartwheel. Awesome!	28 Showcase of Talent @5pm w/ Coach Sydney and Coach Tracy This is your chance to show the skills you have worked on. Have your parents watch the show!	29 Showcase of Talent @4pm w/ Coach Tracy and Coach Sydney This is your chance to show the skills you have worked on. Have your parents watch the show!

May 2020 Virtual Gymnastics 2 Class Schedule



An incredible class where you will begin perfecting tumbling elements, learn a press handstand, get strong and more flexible... oh MY!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Handstands & Pirouettes 5pm w/ Coach Sydney Handstands are fun and learning to turn in a handstand is more fun!!	5 Handstands & Pirouettes 4pm w/ Coach Sydney Handstands are fun and learning to turn in a handstand is more fun!!	6 All kinds of fun rolls! 5pm w/ Coach Tracy Back rolls are not easy... we will make them fun. So many ways to roll.	7 All kinds of fun rolls! 4pm w/ Coach Tracy Back rolls are not easy... we will make them fun. So many ways to roll.	8 Can you do a 30-second handstand against the wall? How about 10 seconds with NO wall?
11 Dive & 1-arm cartwheels 5pm w/ Coach Sydney Aerials are a high-level skill that begin with dive cartwheels and 1-arms!	12 Dive & 1-arm cartwheels 4pm w/ Coach Sydney Aerials are a high-level skill that begin with dive cartwheels and 1-arms!	13 Solid Round-offs! 5pm w/ Coach Tracy The round-off is the most important skill for back tumbling. Let's learn!	14 Solid Round-offs! 4pm w/ Coach Tracy The round-off is the most important skill for back tumbling. Let's learn!	15 If it is nice outside (and you have soft grass and lots of space)... have someone count how many cartwheels you can do in one minute!
18 Bridges, walkovers, and kickovers... oh my! @5pm w/ Coach Sydney Steps to the handspring. You have to be limber, so let's work on it!	19 Bridges, walkovers, and kickovers... oh my! @4pm w/ Coach Sydney Steps to the handspring. You have to be limber, so let's work on it!	20 Create a skills routine! @5pm w/ Coach Tracy Let's combine our handstand, cartwheel, round-off and rolls into a cool routine.	21 Create a skills routine! @4pm w/ Coach Tracy Let's combine our handstand, cartwheel, round-off and rolls into a cool routine.	22 Can you do a back-bend walking down a wall and back up? Try it!!
25 Happy Memorial Day! 	26 Create a dance routine! @4pm w/ Coach Tracy Leaps, jumps, turns you create it... Coach Tracy will bring some music 😊	27 Create a dance routine! @5pm w/ Coach Tracy Leaps, jumps, turns you create it... Coach Tracy will bring some music 😊	28 Showcase of Talent @4pm w/ Coach Sydney and Coach Tracy This is your chance to show the skills you have worked on. Have your parents watch the show!	29 Showcase of Talent @5pm w/ Coach Tracy and Coach Sydney This is your chance to show the skills you have worked on. Have your parents watch the show!

May 2020 Virtual Ninja and Tricking Class Schedule



An incredible class where you will work on jumping, rolling, getting stronger (upside down and right side up) all while having FUN!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 Safety and Ninja Rolls 5pm w/ Coach Alex Learning to roll, safely, is so important to ninja and parkour. Let's have fun!!	6 	7 Leaping Through the Air 5pm w/ Coach Alex Knowing proper jump technique will make us springy and bouncy!	8 How high can you jump? Get a rope and have two people hold either side and keep raising inch by inch. Get some air!!
11 	12 Upper Body Buildup 5pm w/ Coach Alex Let's make it so that we can grab and hold onto any rope or bar by ourselves	13 	14 Time for some fun ninja movement 5pm w/ Coach Alex Ninja vaults help us move very smooth... Go for it!!	15 Have a chin-up bar? How long can you just hang?
18 	19 Balancing Skills 5pm w/ Coach Alex Ninjas must be light on our toes. We will strengthen our balancing muscles!	20 	21 Core-azy Ninja! 5pm w/ Coach Alex Our core muscles are important in every ninja skill. Let's get them strong!	22 Challenge your parents to a contest: 1-minute plank 1-minute superman Who won??
25 Happy Memorial Day! 	26 Getting our legs flexible 5pm w/ Coach Alex Stretching is so important for safety and performance. Leg day!!	27 	28 Let's mash it all up! 5pm w/ coach Alex Lets bring all our skills together and go through a full- fledged ninja test!	29 Show your talent to your parents. Come up with a 10-minute show and perform. Show it off!