

Mountain Kids Session Calendar



2024

Please note the **Session Dates** as they differ from month to month!

Session 5: Jan 8- Jan 27
3 weeks

Session 6: Jan 29-Feb 24
4 weeks

Session 7: Feb 26-Mar 31
4 weeks

Session 8: April 1-27
4 weeks

January 2024

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2024

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Holiday Break Camp Jan 2-5
CLOSED Dec 24-Jan 7- Winter Break

Day Camp Registration begins Feb 1st

Swim Registration begins March 1st
CLOSED March 10-17-Spring Break

SUMMER SESSIONS

Session 9: Apr 29-May 25
4 weeks

Session 10: June 3-July 3
5 weeks

Session 11: July 8-Aug10
5 weeks

May 2024

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

July 2024

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Dance Recital May 20, 21st
CLOSED May 27 - Memorial Day
CLOSED May 27-June 2 Summer Break

Summer classes begin June 3
Day Camp begins June 3

CLOSED July 4th 5th & 6th - Holiday
FALL Registration begins July 22nd

CLOSED for Fall Break Aug 11-18
2024 FALL Classes begin Aug 19th
Preschool begins Aug 19th 2024



Mountain Kids A Great Place to GROW!!

Gymnastics: Since 1976 our mission has been to provide a great foundation for kids of all ages to develop strength, flexibility, balance, spatial awareness, and confidence through professional gymnastics training.

- Walking to age 3: **Moonbeamer** classes offer a structured opportunity for toddlers to explore the gym with a parent by their side.
- Ages 3-5: **Rainbow Rider** classes give kids a fun introduction to gymnastics.
- School age: **Gymstar** classes provide kids of all levels the opportunity to actively work on their gymnastics skills in a fun structured and safe environment. We focus on the fundamentals in order to progress up to higher levels.



Dance: Since 1986 it has been our goal to develop well-rounded dancers in artistic excellence. Ages 3- adult. Our dance program offers creative movement, pre-ballet, classical ballet, jazz, tap, modern, hip hop and more!



Preschool: Established in 1986. We pride ourselves on our academic preschool for 3 to 5 year olds. We offer a 2-day program for 3-year-olds, and a 3 or 5 day program for 4 to 5 year olds. Our 5 day a week class that is geared towards providing that little extra for kids heading into kindergarten. A weekly gymnastics class is built into the program.



Ninja Zone: Established in 2016 Ninja Zone Ninja classes feature a discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts and more! For kids aged 3-10.



Cheer: Our cheer program aims to provide a fun environment for kids to learn how to stunt, tumble, jump and more! Ages 5 and up are welcome! The goal of our cheer program is to introduce young kids to the sport of cheerleading and build strong, well rounded athletes!



Warm Ups Coffee & Clothing: Our shop offers dance and gymnastics clothing, as well as a full menu of coffee, espresso, tea, smoothies and snacks.



Birthday Parties: Birthday parties at Mountain Kids feature an hour of organized fun in the gym including a giant obstacle course and more! Gym time is followed by time in the party loft for cake & presents! *Parties offered on Saturdays and Sundays



Warm Water Swimming: Lessons take place in our shallow, warm, salt-water teaching pool. Classes run in two week sessions from June through August.

- **Splash** classes offer a structured opportunity for kids ages 6 months to age 3 years to explore the water with a parent.
- **Wave Rider** (ages 3-5) & **Swim Star** (ages 6-12) classes give kids a fun , positive learning experience. Beginning to advanced levels.



Summer Day Camp: Since 1986, we have offered a variety of summer activities for kids aged 5-12. Day camp includes: Swimming lessons daily, weekly free-swim, gymnastics classes, numerous field trips, arts and crafts, science, and lots of outdoor summer FUN!



Performance Dance Companies: Company by Invitation only.

- Tip Top Dance Company (K-2nd grade)
- Elevation Dance Company (3rd-5th grade)
- Peak Dance Company (6th grade and up)
- Mountain Dance Company (6th grade and up)



Dance Companies

Perform in Nutcracker with a Twist, Disney Dances & More!

Competitive Gymnastics Team: Team is by invitation only.

Our **TEAM** program strives to provide a progressive setting where gymnasts develop strength, flexibility and fundamental skills all within a safe, structured and fun atmosphere.



TEAM

