



BREAKTHROUGH-BUTLER
216 ABNER DRIVE
BUTLER, PA 16001
P: 724-305-0720
"Be Your Best You"

Breakthrough-Butler Gymnastics

Breakthrough-Butler's recreational gymnastics program is built on providing fundamental skills at each class from the Pre-K Level through Level 4. While progressing through each level of gymnastics in our program an athlete will better master tumbling, flexibility, strength, agility, and other movement skills. Focusing on developing and mastering floor and floor beam skills. This program also ties into our mission of building a better version of ourselves through a safe and uplifting environment built on our core values of Promise – Strength – Attitude – Leadership – Manage.

Each Class level offers:

- Fundamental gymnastics skills are taught and built.
- Team building and identifying with peers.
- Start each class with routine warm-ups and stretching.
- Work on numerous drills to build a foundation.
- Skill development and progression.
- Increase agility, flexibility, movement, body control, confidence, and strength.
- Upon mastery of skill level a graduation certificate will be given to advance to the next level.

We plan to offer gymnastic classes year-round in seven-week sessions. Specified skills and goal levels for each of our offered levels – Pre-K to Level 4. In addition, we also offer Mommy & Me classes for the Pre-K Level and one-person private lessons.

Class Offerings:

Baby Jays Pre-K Level (No prerequisite; ages 3-5 only)

- Focus: Awareness, Body Movement, Flexibility, & Introducing basic gymnastics skills.
- Skills taught at this level: Balance, Bridge, Forward Roll, Crab Crawl, Bear Walks, & Cartwheel.

Level 1 - Part 1 (No prerequisite; must be at least 4 year of age)

- Focus: Awareness, Basic Level 1 gymnastics skills, Body Movement, Flexibility, & Strength.
- Skills taught at this level: Bridge, Forward Roll, Cartwheel, Handstand, & Roundoff.

Level 1 - Part 2 (Prerequisite: Level 1.P1 skills required)

- Focus: Awareness, Advanced Level 1 gymnastics skills, Body Movement, Control, & Strength.
- Skills taught at this level: Cartwheel, Roundoff, Front Walkover, Back Walkover, Backbend, & Beginner Back Handspring drills.



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Level 2 - Part 1 (Prerequisite: Level 1.P2 skills required)

- Focus: Awareness, Basic Level 2 gymnastics skills, Body Movement, Control, & Strength.
- Skills taught at this level: Standing Back Handspring, Front Handspring, Roundoff Handspring, Connecting Drills, & Jump Pause Handspring.

Level 2 - Part 2 (Prerequisite: Level 2.P1 skills required)

- Focus: Awareness, Advanced Level 2 gymnastics skills, Body Movement, Control, & Strength.
- Skills taught at this level: Front Handspring, Jump Back Handspring, Back Walkover Back Handspring, Front Walkover Round-off Back Handspring, & Beginner Running Tuck Drills.

Level 3 (Prerequisite: Level 2.P2 skills required)

- Focus: Level 3 gymnastics skills, Body Movement, Control, & Strength.
- Skills taught at this level: Beginner Standing Tuck, Back Handspring Series, Jump Back Handspring, Roundoff Tuck, Back Handspring Tuck, & Back Walkover Back Handspring Series.

Level 4 (Prerequisite: Level 3 skills required)

- Focus: Level 4 gymnastics skills, Body Movement, Control, & Strength.
- Skills taught at this level: Standing Tuck, Jump Tuck, Forward Roundoff Back Handspring Tuck, Jump Back Handspring Tuck, Standing Series Back Handspring Tuck, & Layout Drills.

Mommy and Me Gymnastics

- Youth ages 3-5 with their mothers for a seven-week session.
- Focus: Awareness, Body Movement, Flexibility, & Introducing basic gymnastics skills all while enjoying a fun experience!
- Skills taught at this level: Balance, Bridge, Forward Roll, Crab Crawl, Bear Walks, & Cartwheel.

Private Gymnastic Lessons

- For those interested in building their gymnastic skills in a one-person setting. Join us for private lessons for detailed focus on beginner, primary, or advanced skills at any of our recreational gymnastics' levels.
- Applies to all skill levels from Pre-K to Level 4
- Lesson packages:
 - (7) 30-minute private lessons | \$75
 - (7) 45-minute private lessons | \$120