**Girls Pre-Team:**

**Training Team** (invitation only- age 4 years and above)**:** This is an exciting class that gives students an opportunity to prepare for competition gymnastics. Gymnasts will spend more time in the gym developing skills and working toward the goal of being brought on the competition team. Gymnasts will have some interaction with current team members and mentorship from more experienced gymnasts. Skills learned while on the training team will be individualized to each athletes’ abilities and goals. Additional training time will be offered to gymnasts depending on their skill level and desire to spend time in the gym.

**Girls Competitive Team:**

**Competitive Team** (invitation only- ages 5 and above): We offer competitive gymnastics from Levels 3 to 10 and also have an Excel program for gymnasts that want to compete but cannot commit to the training schedule followed by those on the traditional competitive team. We travel to competitions both locally and out of state. The competitive team trains in the gym between 12 and 20 hours a week depending on skill level. The team works hard but they also know how to have fun in and out of the gym. Meet travel gives opportunity for lots of great adventures and memories. Our team has also seen its share of success with athletes winning State and Regional Titles each season. If you have interest in our team please inquire in the office or at youngstowngymnastics@gmail.com.