

GYMNASTICS & CHEER

CLASS DESCRIPTIONS

BUDDY & ME (Confident Walker – 3 Yrs) (Parent/Guardian with child) (45minutes)

Parents work with their children on basic motor development in the gym. The children develop balance, coordination, and confidence using basic gymnastics skills and positions. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the parent to help accomplish the goals for the child.

*****SAFETY and SIBLINGS for parent/child classes: Parents work hands on with their child in this class.** Please remain with your child (within hands reach) at all times. For safety reasons and out of respect for all participants in the class, siblings are not allowed in the gym area at any time. If you are a family member, please take advantage of our wonderful Child Watch program located across the hall from the gym.

TUMBLIN' TODDLERS (3 Years Old) (45 minutes)

This is a movement education program that uses basic gymnastics skills and positions to teach balance, coordination, confidence, and motor skill development in a progressive format. Obstacle courses, games, balls, hoops, and parachute are just some of the fun activities incorporated into the classes. The preschool gymnastics program introduces the children to basic gymnastics skills and progressions setup by USA Gymnastics.

GIRLS / BOYS (Level 1-3) (4 yrs old & Up) (55minutes)

This program includes structured gymnastics instruction, and creative games. A typical class features 10-15 minutes of structured warm-up that includes exercises for improving flexibility, strength, and endurance; approximately 40 minutes of apparatus and tumbling work, and five minutes of conditioning at the end of class. Periodically, various games are added for fun. Basic gymnastics skills and progressions will be taught according to USA Gymnastics specifications

TUMBLING CLASSES (55 minutes)

This class is dedicated to working on tumbling skills on the floor as well as the tumble trak. The students will go through progressive skills such as rolls, cartwheels, handstands, etc and once mastered they will advance to the handsprings and flips. This is a great choice for those who are cheerleaders or interested in becoming one. This class is open to boys and girls ages 5 years and older (co-ed class).

SPORTS ACROBATIC GYMNASTICS (55 minutes)

Acrobatic Gymnastics (also known as "Acro") integrates the grace and beauty of dance, the balance and strength exhibited in gymnastics, with the magnificence of teamwork not shared with any other sport in the USA Gymnastics family.

Groups of two to four athletes reach new heights in gymnastics by performing tempo, flight, and balance skills, seemingly defying laws of physics and human movement. Acrobatic Gymnastics challenges the athletes' physical ability, while instilling in him or her, the profound and lifelong values of trust and teamwork.

Benefits of Sports Acrobatics

- Provides an option for gymnasts who may excel at the floor exercise event and want to focus on just one event.
- No age limits - it's not unusual to find athletes in their twenties or even thirties!
- No height, weight, or body build limitations - The mature athlete can be a base, and a smaller athlete would be the top.
- Develop skills such as balance, tumbling and coordination. Teaches teamwork and builds life-long friendships.
- Performance of routines will help with their self-esteem and self-confidence!

KINDER CHEER (55 minutes)

This is a cheer class for ages 4-5 years old. They will learn basic cheer motions, dance, chants, pom pom routines, jumps and stunts, team building as well as basic tumbling. All cheerleaders will be required to go through a progression of learning and qualifying skills before a skill is performed. They will also work on various choreographed routines which will be performed at the winter show "The Jingle Bell Showcase" and also the Spring show, "The Mini Olympics."

PEE WEE CHEER (55 minutes)

This cheer class is for ages 6 years old and up. They will learn basic cheer motions, dance, chants, pom pom routines, jumps and stunts, team building as well as basic tumbling. All cheerleaders will be required to go through a progression of learning and qualifying skills before a skill is performed. They will also work on various choreographed routines which will be performed at the winter show "The Jingle Bell Showcase" and also the Spring show, "The Mini Olympics."

****PRETEAM, ADVANCED CLASS, GYMNASTICS COMPETITIVE TEAM & ALL STAR CHEER TEAM**

Please see Director for more information and availability.

** instructor invite classes

ALL classes are taught using the Progressions and skills set up by the USA Gymnastics Federation.