

Gymnastic Curriculum

PRE-GYM (3 – 4 yr. olds)

A 30 minute program concentrating on developmental skills and balance with an introduction of basic gymnastics skills.

PRE GYM II (5 Yr. olds)

A 45 minute program that helps the child to develop body awareness, control, agility, self-confidence, and coordination through the use of basic gymnastic skills. The learning process also involves following directions and working with their peers.

BEGINNER GYM I – II GIRLS AND BOYS

A1 hour class with emphasis on learning and developing basic gymnastics skills. Instruction on balance beam, floor exercise, mini trampoline, low bar, running, jumping.

Gymnastic Class Placement

Placement in levels is made with the student's best interest in mind. The fact that a child would prefer to be in class with a friend is not necessarily the best choice. A child is not always moved to the next level; sometimes it is recommended that student repeat a level. Parental support of the decisions would be greatly appreciated.

Gymnastic Dress Code ALL LEVELS

Girls

- Any color leotard & footless tights
- Hair secured up
- No shoes

Boys

- Gym shorts and fitted T-shirts
- No shoes