

# *Preschool Gymnastics*

- Come see our "Kidsnastix" Gym...loaded with kid-sized equipment!
- All Preschool classes are designed for *girls & boys ages 1-5!*
- Themes are used to enhance our gymnastics lessons! Upcoming themes: Back to School, Fruits & Veggies, Basesball Fever, Scartlet & Gray week, Western Hoedown, Jolly Holdiay.

## **Age 1: "Tumble with Me!" (Parent Participation)**

An exploratory gymnastics program for one year olds (crawlers OK). Class activities include circle time (finger plays, songs, and simple stretches), gym exploration (we let the children explore, and teach as they go!), and ending activities (parachute, bean bags, songs, bubbles). Simple skills taught in class include: forward roll, log roll, walk across the balance beam, running, hanging from the bar, walking & jumping on the trampoline and basic motor skills. This is a great way for young children to learn and love to move. A very social class for moms and babies!

## **Age 2: "Feathers" (Parent Participation)**

This is a Parent Participation class for two year olds. Class activities include circle time (songs, finger plays, gymnastics shapes & terminology, and simple stretches), instructor-lead obstacle courses, free play, and ending activities (song and bubbles). Skills taught in class include: forward roll, log roll, donkey kicks, directional walks & balances across the beam, running, hanging & support skills on the bar, jumping & safety rules on the trampoline, gross motor skills and much, much more! A great way to introduce your child to a class setting and direct their abundant energy.

## **Age 3: "Flappers"**

An introductory gymnastics class. Class starts with circle time where gymnastics shapes, terminology and stretches are learned. The instructor leads the children through three obstacle courses where gymnastics skills are taught & practiced. Skills taught include: TUMBLING (forward rolls, log rolls, donkey kicks, small cartwheels), BEAM (walks, balances, down low movements), BARS (hanging, swinging, strength, support skills), VAULT (running, jumping, safe landings), and TRAMP (simple jumps and safe landing position). We end with bubbles, stamps and a song.

## **Age 4&5: "Flamingos"**

An introductory gymnastics class. Class starts with circle time where gymnastics shapes, terminology and stretching are learned. The instructor leads the children through three obstacle courses where gymnastics skills are taught & practiced. Skills taught include: TUMBLING (forward rolls, log rolls, handstand lead-ups, cartwheels) BEAM (walks, balances, jumps, down low movements), BARS (hanging, swinging, strength, support skills), VAULT (running, jumping, safe landings), and TRAMP (straight jumps, tuck jumps, turns, safe landings). We end with bubbles, stamps and a song. This class will prepare students for the Kindergarten class or Level 1.

## *Girls School-Age Gymnastics, ages 6&up:*

- Our girls program follows USA Gymnastics ([www.usa-gymnastics.org](http://www.usa-gymnastics.org)) Levels 1-3 program. Each level has a set of skills that must be mastered before advancing to the next level.
- Students will work on star posters during the second half of the 20-week term. This will help them track their progress and help them learn to set goals.
- In addition, the last 8 weeks of the 20-week Term are spent learning the USA Gymnastics Level 1-3 routines. The students will perform these for you at our Trophy Performances, which are held in January and June.
- Girls in Level 3 are invited to try out for team in April each year. Level 2 students may be invited to try out for team based on teacher recommendations.

### **Kindergarten (ages 5 & 6)**

A beginner level class for girls in Kindergarten. No experience is necessary. This class is held in the main gym. Class includes instruction on all four Olympic events-vault, bars, beam and floor, as well as trampoline. Sessions 1, 2, and 3 will conclude with a show on December 20, 2008. Session 4, 5, 6, and 7 will conclude with a show on June 6, 2009. The students will learn routines (USA Gymnastics Levels 1-3 routines) on each apparatus, perform them for you, and receive a trophy! Skills taught include:

VAULT: Straight jump to 8"
BARS: Pullover, cast back hip circle, cast push-away
BB: Jump to front support mount, tuck sit, candlestick, arabesque, coupe' walks, releve' walks, stretch jump, stretch jump dismount
FX: Forward roll tucked, backward roll tucked, cartwheel, candlestick, bridge, side roll, leg swings, coupe walks forward, tuck jump, pose

### **Girls Level 1: "Tumble Flyz"**

A beginner level class. Class includes instruction on all four Olympic events-vault, bars, beam and floor, as well as trampoline. Sessions 1, 2, and 3 will conclude with a show on December 20, 2008. Session 4, 5, 6, and 7 will conclude with a show on June 6, 2009. The students will learn routines (USA Gymnastics Levels 1-3 routines) on each apparatus, perform them for you, and receive a trophy! Skills taught include:

VAULT: Straight jump to 8"
BARS: Pullover, cast back hip circle, cast push-away
BB: Jump to front support mount, tuck sit, candlestick, arabesque, coupe' walks, releve' walks, stretch jump, stretch jump dismount
FX: Forward roll tucked, backward roll tucked, cartwheel, candlestick, bridge, side roll, leg swings, coupe walks forward, tuck jump, pose

### Level 2: "Twister Flyz"

An intermediate level class. Class includes instruction on all four Olympic events-vault, bars, beam and floor, as well as trampoline. Sessions 1, 2, and 3 will conclude with a show on December 20, 2008. Session 4, 5, 6, and 7 will conclude with a show on June 6, 2009. The students will learn routines (USA Gymnastics Levels 1-3 routines) on each apparatus, perform them for you, and receive a trophy! Skills taught include:

V/T: Handstand block from springboard to mat (16")
B: Pullover, Cast, Back hip circle, cast, straddle on, sole circle dismount
BB: Jump to front support mount, v-sit, forward roll, arabesque, leg swings, releve' balance, tuck jump, tuck jump dismount
FX: Forward roll to straddle stand, headstand to kneel, arch back, cartwheel step in, backward roll to pike stand, handstand, front leg balance, split jump, 1/2 pivot turn, forward chasse', pose

### Level 3: "Tiger Flyz"

An advanced level class. Class includes instruction on all four Olympic events-vault, bars, beam and floor, as well as trampoline. Sessions 1, 2, and 3 will conclude with a show on December 20, 2008. Session 4, 5, 6, and 7 will conclude with a show on June 6, 2009. The students will learn routines (USA Gymnastics Levels 1-3 routines) on each apparatus, perform them for you, and receive a trophy! Skills taught include:

V/T: Forward roll onto mat stack (waist high)
B: Pullover, cast, back hip circle, single leg cut forward, forward stride circle, single leg cut backward, cast squat on, pike sole circle dismount
BB: Jump to front support mount, V-sit, swing to push-up position, arabesque, partial cross handstand, running steps, 1/2 pivot turn, split jump, cartwheel to side handstand dismount
FX: Handstand forward roll, round-off run back, back roll with straight arms to pike stand, back bend kickover, front leg balance, chasse', leap, 1/2 turn coupe (heel snap), stretch jump, tuck jump pose.

### Boys Gymnastics "Fly Guyz I" and "Fly Guyz II"

We offer a beginning and intermediate level for boys. Class includes instruction on floor, vault, bars, rings and trampoline. Our curriculum is modeled after USA Gymnastics curriculum for boys.