

Class Descriptions:

***Gymminnies** – (2 – 4 years) This class is designed for little gymnasts who are ready to start learning the basics of gymnastics. They will begin working on stretching, learning positions, and move towards completing skills on their own. *45 min.*

***Jr. Gym 1** - (5 - 6 years) This class is for young beginners! They will learn the fundamentals of gymnastics and learn essential techniques and skills to further their development. This class will focus on cartwheels, handstands, bridges and pull-overs, just to name a few of the most important skills. *60 min.*

***Jr. Gym 2** - (5 - 6 years) This class is for young gymnasts who are ready for a challenge. After gaining the essential skills like cartwheels, bridges, and pull-overs, they will move on to perfecting their form and technique, with the special attention and pace needed for smaller bodies! Cartwheels will become round-offs, bridges will turn to kick-overs and backbends, and pull-overs will become hip-circles. They will move on to skills needed for level 2 and 3 classes so they will be ready to jump in when they turn 7! *60 min.*

***Level 1** – (Ages 7 and up) This class will teach gymnasts the basics and fundamentals for increasing their skill level in gymnastics. They will begin to gain strength and coordination, as well as body awareness. This class ensures that gymnasts are ready to keep up in the following levels, giving them skills like handstands, cartwheels, bridge kick-overs, and pull-overs that are essential for success as a gymnast! *60 min.*

***Level 2** – (Ages 7 and up) This class is for gymnasts who have a good understanding and command of the basics. They are ready to apply those skills to learning even more complex tricks. They will turn cartwheels into round-offs kick-overs into backbends and walk-overs, and pull-overs into hip-circles. *60 min.*

***Level 3** – (Ages 7 and up) This class is for intermediate gymnasts who have gained strength, flexibility, and skills needed to begin training for competition. They are comfortable and confident on a beam, know how to use their power to tumble across the floor, and have decided that they are serious about becoming a competitive gymnast. *120 min 2x/week*

***Teen Gym** – (Ages 11 and up) This class is for older gymnasts of varying levels. These girls will still work on strength, flexibility, and new skills in a more relaxed atmosphere. They may be trying to gain skills for future involvement in cheerleading, or as a supplement to other sports, like dance or soccer. *90 min 2x/week*

***Competitive Team (Invited)** – (Ages 7 and up) Gymnasts are invited to be on the competition Team based on the showing of advanced gymnastics skills and the devotion to learning and growing in the sport of gymnastics. Being invited to team means that the gymnast has displayed excellent form, strength, flexibility, and work ethic. Gymnasts will learn the necessary skills required for Levels 4 and up as set out in the USA Gymnastics rules and guidelines. Routines will be taught according to level and each gymnast will have the opportunity to participate in competitions. *180 min 3x/week*

Spring Quarter Class Schedule – 2010

Monday:

<i>Class</i>	<i>Time</i>	<i>Coach</i>
Jr. Gym 1	(3:30 - 4:30)	Stephanie
Level 1	(3:30 - 4:30)	Rachel
Level 2	(4:30 - 5:30)	Stephanie
Team	(4:00 – 7:00)	Nicole

Tuesday:

<i>Class</i>	<i>Time</i>	<i>Coach</i>
Gymminnies	(3:30 - 4:15)	Brittney
Gymminnies	(4:15 – 5:00)	Brittney
Jr. Gym 1	(4:00 – 5:00)	Rachel
Jr. Gym 2	(4:00 – 5:00)	Stephanie
Teen Gym	(5:00 – 6:30)	Rachel
Level 3	(5:00 – 7:00)	Stephanie/Alexis

Wednesday:

<i>Class</i>	<i>Time</i>	<i>Coach</i>
GVC Kinder.	(2:30 – 3:30)	Brittney/Alexis
SBC Girls	(4:00 – 5:00)	Brittney/Alexis
Level 1	(3:30 – 4:30)	Stephanie
Level 2	(4:30 – 5:30)	Stephanie
Team	(4:00 – 7:00)	Nicole

Thursday:

<i>Class</i>	<i>Time</i>	<i>Coach</i>
Gymminnies	(3:30 – 4:15)	Stephanie
GVC Girls	(4:00 – 5:00)	Brittney/Alexis
Jr. Gym 1	(4:00 – 5:00)	Rachel
Jr. Gym 2	(4:00 – 5:00)	Stephanie
Teen Gym	(5:00 – 6:30)	Rachel
Level 3	(5:00 – 7:00)	Stephanie/Alexis

Friday:

<i>Class</i>	<i>Time</i>	<i>Coach</i>
Team	(4:00 – 7:00)	Nicole