Girls Gymnastics

**Tumblers: (5 -6 years):** This class provides a start in gymnastics for girls ages 5 and 6 years. Time will be spent on each event working to develop basic gymnastics skills as well as stretching and conditioning.

**Beginner Gymnastics (6 years and older): The** perfect start for a new gymnast. Students will work to build strength, establish basic skills, and increase flexibility. This class provides a great foundation for more advanced skills in the future with a focus on safety and fun.

**Intermediate Gymnastics (6 years and older):** in this class have mastered all the basic skills in Beginner Gymnastics and should be able to do a cartwheel or roundoff, bridge kickover, and a pullover on the bars. More time is allotted on each event at this level. In this class students will continue to build strength and increase flexibility while introducing more advanced skills such as backbends, front/back walkovers, hip circles and glide kip drills on bars, beginner vaults, and beam basics. The goal of this class is to build more advanced skills while continuing to focus on safety and fun.

**Advanced Gymnastics (6 years and older):** Those in the advanced class will have mastered all of the skills in the Intermediate Gymnastics class and should be able to do a back or forward walkover, strong handstand, pullover and hip circle on the bars. Additional time will be given for each event to expand skills. Gymnasts will be given an opportunity to expand their skills sets on each apparatus. This class will focus on making and working to achieve individual goals. This class can help prepare gymnasts for the competitive team should they have an interest in being invited to try out.