





ORMOND BEACH GYMNASTICS & CHEER CENTER

GENERAL INFORMATION & CLASS DESCRIPTIONS

Please use the door on the East side of the building, directly across from playground.

Upon arrival at gymnastics center, parent is required to sign their child in; child will place shoes, socks, etc. in their cubby area, pick out a mat and sit on it until class begins. At the end of the class parent will need to sign their child out, if parent will not be picking up child after class, parent must provide written notice advising Coach George exactly who will be picking up their child.

DEVELOPMENTAL PROGRAMS...

<u>Mommy & Me</u> – (Boys & Girls, ages 18 mos. thru 2 years) Class meets once a week for one hour; participant attends two-month sessions. Class will introduce children to basic gymnastic skills in a safe, fun environment. Mommy will be assisting toddler with stretching and basic coordination skills. The class is offered on Tuesdays, Wednesdays <u>OR</u> Thursdays from 10:30 - 11:30 a.m. <u>Class attire</u>: cotton t-shirt and shorts, leotards for girls are optional.

<u>Tumbling Tots</u> - (*Boys & Girls, age 3*) Class meets once a week for one hour; participant attends two-month sessions. This class is a scaled down version of our pre-school gymnastics program and is designed to be fun-filled and educational for younger children. The purpose of this class is to teach basic coordination, utilizing a variety of skills and movements, while in a social atmosphere. Once these skills have been attained, the students are encouraged to progress to more complex skills. This class is available on Tuesdays **OR** Wednesdays from 1:30 - 2:30 p.m. <u>Please note</u>: An additional day may be added if both classes fill. This is a great way for children to learn, exercise and have fun interacting with other children of the same age group. Please note: children must be fully potty trained to participate in program.

<u>Pre-School</u> - (Boys & Girls, age 4) Class meets twice a week for one hour; participant attends two-month sessions. This class is a scaled down version of our developmental gymnastics program and is designed to teach basic coordination, motor skills, flexibility, body awareness and it helps to develop strength. Pre-School is held on Monday and Wednesday **OR** Tuesday and Thursday. Classes are held from 2:30 - 3:30 p.m.

<u>Developmental Program</u> - (*Girls only, ages 5 thru 9*) Class meets twice a week for one hour; participant attends two-month sessions. These classes introduce the novice female gymnast to gymnastics. The classes teach beginning skills, terminology, help develop strength, body awareness and self-esteem. Students must master required skills before advancing to the levels program. There are two classes offered: Monday & Wednesday **OR** Tuesday & Thursday. Both classes are held from 3:30 - 4:30 p.m.

<u>Teen Developmental Program</u> - (*Girls only, ages 10 & Up*) Class meets twice a week for one hour; participant attends two-month sessions. This program has been designed to introduce the novice female gymnast to basic gymnastic skills and terminology. It will enable her to develop her skills, strength, flexibility, body awareness and self-esteem without the pressure of competition. Students must master required skills before advancing to the levels program. Classes are held on Mondays and Wednesdays from 4:30 - 5:30 p.m.

Levels 1, 2 & 3 - (Girls only) These classes are skill tested, progressive levels designed by the United States Gymnastics Association. The class meets twice a week for one hour; participant attends two-month sessions. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level.

Level 1 - Tuesdays & Thursdays from 4:30 - 5:30 p.m.

Level 2 - Tuesdays & Thursdays from 5:30 - 6:30 p.m.

Level 3 - Tuesdays & Thursdays from 6:30 - 7:30 p.m.





- Level 2 - Competitive Team Members

<u>Levels 4 & Up</u> – (*Girls only*) Participant attends two-month sessions. Classes are designed by The United States Gymnastics Association as competitive levels. These levels allow the gymnasts, beginners through elite, to compete at their competitive skill levels. Classes are offered as follows:

Level 4 - Two hour classes on Tuesdays & Thursdays from 4:30 - 6:30 p.m.

Levels 5, 6, 7 & Up – Classes are Tuesdays & Thursdays from 4:30 - 7:00 p.m. & Fridays from 5:30 - 7:30 p.m.



Competitive Team Members

RECREATIONAL PROGRAMS...

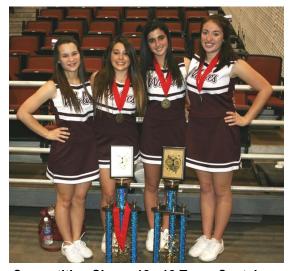
Boys 1 & 2 - (5 & Up) Classes meet once a week for one hour and participants attend two-month sessions. Classes are designed to teach the basic of men's gymnastics and develop strength and flexibility. The Boys 1 class is offered on Fridays from 3:30 - 4:30 p.m. **OR** Mondays from 4:30 - 5:30. Students start with Boys 1 and advance to Boys 2 through skilled progression. The Boys 2 class is held on Fridays from 4:30 - 5:30 p.m.

<u>Friday Recreational Gymnastics</u> - (*Girls only, 5 & 9*) This class meets once a week for one and one-half hours and participants attend two-month sessions. This class is designed for the female gymnast that is interested in gymnastics as a fun and recreational activity with the option to move into our levels program. This class enables gymnasts to develop the skills without the pressure of competition. The class is offered on Fridays from 3:30 - 5:00 p.m. **OR** from 4:30 - 6:00 p.m.

<u>Teen Gymnastics</u> - (*Girls only, 10 & Up*) Class meets once a week for one and one-half hours and participants attend two-month sessions. This class is designed for the gymnast that is interested in gymnastics as a fun, recreational activity with the option to move into our levels program. It enables the child to develop the skills, which are of interest to her, without the pressure of competition. The class is offered on Fridays from 4:30 - 6:00 p.m.

<u>Power Tumbling</u> - (*Girls & Boys, 8 & Up*) Classes meet once a week for one hour and participants attend two-month sessions. These classes are designed to teach beginners through advanced, progressive and specific tumbling skills and techniques. Offered, but not limited, to current and aspiring cheerleaders, in order to attain and improve tumbling skills. Classes for ages 8 & up are held on Monday from 5:30 – 6:30 p.m. <u>Class attire</u>: cheer or running shoes, cotton shorts & t-shirt (NO half shirts or spaghetti straps). No jewelry. Hair must be up, in a pony tail or braided (*NO hair beads allowed*.)

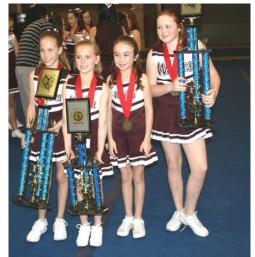
<u>Cheer Class</u> - (Girls & Boys, 8 & Up) Class meets for two hours twice a week and participants attend two-month sessions. The class teaches basic cheer skills to novice / beginners, progressing into the advanced skills of a competitive team. Participants will learn tumbling, stunting and cheerleading formations. Students will build strength through conditioning and gain all-around self-confidence while working as a team. Classes are held Mondays & Wednesdays from 6:00 – 8:00 p.m. <u>Participants are not required to compete</u>. For those interested in the "Wolves" competitive team, contact Coach George for information regarding the additional fees incurred for uniform, competition fees, etc. <u>Class attire</u>: cheer or running shoes, cotton shorts & t-shirt (NO half shirts or spaghetti straps). No jewelry. Hair must be up, in a pony tail or braided (NO hair beads allowed.)



Competitive Cheer, 12 - 18 Team Captains



Cheer Student – "Toe Touch"



Competitive Cheer, 8 - 11 Division

CLASS ATTIRE FOR GYMNASTICS CLASSES: (For all classes except Power Tumbling & Cheer, see above).

Girls: Leotards, no socks, shoes or jewelry (studs are allowed). Long hair must be tied back, no hair beads.

Boys: Cotton shorts and athletic shirt, no socks, shoes or jewelry (studs are allowed). Long hair must be tied back.

PLEASE NOTE: Gum and candy are NOT allowed in the Gymnastics Center.