

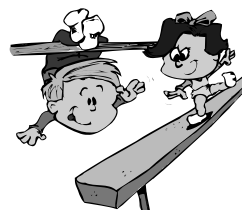
# Young's Gymnastics and Cheerleading Program and Class Descriptions

## PARENT AND TOT CLASSES:

*Busy Bodies* for children 18 months to 3 1/2 years old

One parent per child is required to attend classes. We ask that no more than one adult per child participate as this makes our floor over crowded and we have other classes to consider.

These classes focus on teaching toddlers how to follow basic instructions, listening, and taking turns in group play. The children will, with assistance, be introduced to basic tumbling skills and loco-motor skills, as well as the gymnastics apparatus including the balance beam, bars, floor, and trampoline. We enjoy keeping our busy bodies wiggling and giggling as they are introduced to gymnastics at Young's!



## GIRLS AND BOYS GYMNASTICS CLASSES:

The following classes are offered *AT ALL LEVELS* according to the child's age:

Tiny Tots	3 1/2 & 4 year olds (Co-Ed)	Super Tots	5 & 6 year olds (Co-Ed)
Super Girls	7 to 9 years old	Boys	7 years old and up
Pre-Teen Girls	10 years old and up		

Students in these classes will develop gymnastics skills utilizing all the gymnastics apparatus including the uneven bars, balance beam, floor, vault, and trampoline. Our curriculum at Young's focuses on building upon basic skills to perfect and learn new, more challenging skills. As students remain with us year after year, there is consistently a review of previously learned skills while new skills are being taught.

Our goal is for all of our students to know the feeling of success by being able to correctly demonstrate learned gymnastics skills and to show marked improvement in strength, flexibility, and loco-motor skills. As Young's is a recreational gymnastics facility, all students can enjoy classes without the undue pressure of the competitive level. Students can experience learning gymnastics in a safe environment, which promotes teamwork and respect among its students and staff. Come join the gymnastics fun at Young's!

## TUMBLING CLASSES:

At Young's we know the demand for tumbling skills has become more essential in cheerleading, and is always essential in gymnastics! Students can perfect their tumbling abilities under the instruction of our qualified staff in one of the 4 levels of tumbling classes that we offer. Evaluations are **REQUIRED** to determine a student's placement into one of the 4 tumbling levels and a student must master the skills in her/his level before moving up to the next level. (i.e. **In order to be in LEVEL 2, a student must be able to do ALL of the skills in LEVEL 1.**) Each level along with its respective skills are as follows:

### **LEVEL 1 TUMBLING:**

Basic Body Positions: Tuck, Straddle, Pike, Arch, Hollow, Bridge, Candlestick, Lunge, Splits  
Forward Roll, Forward Pike Roll, Forward Straddle Roll  
Backwards Roll  
Handstand  
Headstand  
Cartwheel, One Arm Cartwheel, Run w/Hurdle Cartwheel, Cartwheel chasse Cartwheel



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## LEVEL 2 TUMBLING:

Back Extension Roll (Bent Arms)  
Back Bend Kick Over w/feet on block  
Back Bend Kick Over  
Back Walkover w/spot  
Front Limber  
Front Walkover w/spot  
3 second Handstand  
Handstand Forward Roll, Handstand lower to Straddle  
Dive Cartwheel  
Hurdle  
Round Off  
Running Round Off from hurdle  
Back Handspring w/spot down a wedge & on the floor



## LEVEL 3 TUMBLING:

Back Extension Roll (Straight Arm)  
Walk in a Handstand (Should be able to stay in a handstand, whether still or walking, for at least 5 seconds)  
Handstand Forward Roll step out to 1 Arm Cartwheel turn to Round Off  
Back Walkover  
Front Walkover  
Tick Tock  
Front Handspring  
Back Handspring  
Back Handspring Series of 2 or more  
Round Off Back Handspring  
Round Off 2 Back Handsprings



## LEVEL 4 TUMBLING:

Aerial  
Standing Back Handspring series  
Standing Back Tuck  
Round Off Back Handspring series  
Round Off Back Handspring Back Tuck

## LEVEL 5 TUMBLING:

Standing Back Handspring Back Tuck  
Round Off Back Handspring Layout  
Round Off Back Handspring Full  
Front Handspring step out series  
Punch Front step out series