



RECREATIONAL CLASS DESCRIPTION

FLEDGLING/EARLY BIRD (Ages 2.5 through 5)

There are so many wonderful benefits to having your preschooler participate in a gymnastics program. They learn socialization skills, fine motor development, balance & coordination, strength & flexibility, listening skills and overall, just have fun. Win-Win's 45 minute classes for preschoolers are designed to keep children engaged in fun gymnastics drills and skills. Children participate on bars, beam, and trampoline, and learn basic tumbling skills such as forward and backward rolls, and the development of handstands and cartwheels.

BOYS GYMNASTICS (Ages 5 and up)

In this hour-long boy's class, the focus is on the fundamentals of gymnastics. Boys are developing a solid understanding of skills and learning basic movements and the strength and flexibility required to perform skills. Skills to be developed in this class include cartwheels and handstands on the floor, pullovers and casts on bars, introduction to beginner skills on rings, and proper springboard entry on vault and basic vaulting skills. Boys will also participate on tumble track and trampoline to further develop jumps and tumbling.

BEGINNER GYMNASTICS CLASSES FOR GIRLS (Ages 5 & 6)

This class is designed for girls ages 5 and 6 as they transition into a more challenging recreational class structure. This hour-long class focuses on the fundamentals of gymnastics and strength and flexibility required to perform these skills safely. Children are developing a solid understanding of skills and learning basic movements. This also includes working on social and listening skills, following directions for multiple stations per event, etc. Skills to be developed in this class include:

- *Floor*: forward/backward rolls, bridge development, cartwheels and handstands
- *Bars*: pullovers and casts on bars, glide swing (pike/straddle), swing re-grip on bar, proper shaping and upper body conditioning to perform skills properly.
- *Vault*: proper springboard entry on vault, hurdles, stretch jump, squat/straddle on, forward roll
- *Beam*: Beginning beam skills involving balance and movement. Skills to be learned include releve', passe' and coupe' walks, stretch/tuck jumps, lever to T-holds and pivot/squat turns.

BEGINNER GYMNASTICS CLASSES FOR GIRLS (Ages 6 TO 11.5)

This hour-long beginners class for girls ages 6 through 11.5, focuses on the fundamentals of gymnastics and the strength and flexibility required to perform these skills safely. Children are developing a solid understanding of skills and learning basic movements and gaining confidence to perform these skills. This also includes working on social and listening skills, following directions for multiple stations per event, etc. **Classes are divided into two groups 1) light green (ages 6 to 8) and 2) dark green: ages 8.5 to 11.5).** Skills to be developed in this class include:

- *Floor*: forward/backward rolls, bridge development, cartwheels and handstands
- *Bars*: pullovers and casts on bars, glide swing (pike/straddle), swing re-grip on bar, proper shaping and upper body conditioning to perform skills properly.
- *Vault*: proper springboard entry on vault, hurdles, stretch jump, squat/straddle on, forward roll
- *Beam*: Beginning beam skills involving balance and movement. Skills to be learned include releve', passe' and coupe' walks, stretch/tuck jumps, lever to T-holds and pivot/squat turns, basic straddle mount and straight jump dismount (safety landing).

INTERMEDIATE GYMNASTICS CLASSES FOR GIRLS (AGES 6 AND UP) *(minimum skills assessment required)*

In this hour-long intermediate class, gymnasts will continue to develop their gymnastics skills, building on basic skills learned at the lower level. As the skills increase in level of difficulty, children will be given specific drills and strength/flexibility exercises to safely prepare them to perform these skills with confidence. Skills to be developed in this class include:

- Floor: dive forward rolls/back extension roll, front and back limber, backbend kick-over, vertical handstand development, handstand forward roll, round-off (w/rebound).
- Bars: pullover (chin hold/legs together), cast development (to horizontal), back hip circle (w/connection from cast), squat on (drills/development).
- Vault: Dive forward roll, handstand flat-back, proper arm-circle technique, shaping, strength and hurdle entry
- Beam: Straddle mount, pivot and ½ turns, chasse', split leap, T-hold to ½ handstand (w/spot), levers, cartwheel and handstand technique and development, side handstand dismount (w/spot) or round-off dismount.

ADVANCED GYMNASTICS CLASSES (AGES 7 AND UP) *(minimum skills assessment required)*

This 90-minute advanced gymnastics class allows the gymnast to continue to develop their skills, building on skills learned at the intermediate level. As the skills increase in level of difficulty, your gymnasts will be given specific drills and strength/flexibility exercises to safely prepare them to perform these skills with confidence. Skills to be developed in this class include:

- Floor: Front & back walkovers and handsprings, punch front / front flips (onto crash mat), aerials, back extension to into full handstand, round-off rebound working toward connection with back handspring
- Bars: Glide swing / pullover / back hip circle connection, squat on (from cast), straddle dismount, kips (drills/technique/spotted), tap swings and beginner high bar dismounts.
- Vault: Front Handspring Development, ½ on, punch front onto crash mat.
- Beam: Handstand (vertical), cartwheel, split leap, jump combinations, full turns, level 3 mount / side cartwheel dismount, back walkover (spotted).

Middle School / High School – Tuesday 6 PM (Age 11.5 to 17) – all levels

Win-Win's Middle School / High School gymnastics class is open for all levels of training, ages 12 through 17. The coaches work with your child, at their level and pace, to help them accomplish their gymnastics goals. This class is for children entering into or are currently in middle school and current high school students. The class is a traditional gymnastics format where children participate in warm-up, bars, beam, floor (trampoline), and vault. Our goal is to have your child gain confidence and strength and to have fun while learning their gymnastics skills.

TUMBLING : (ALL LEVELS, AGES 7 & UP)

Tumbling class focuses on the initial coordination and strength required to develop strong basic tumbling skills. This class is great for children who take martial arts, dance, cheer or any other sports discipline where gymnastics training is beneficial. Focus will be on continually improving strength and coordination, proper hurdle technique, body tension and shaping in order to perform tumbling skills safely and confidently. Skills to be developed in this class are as follows:

- Forward/Backward Rolls
- Handstands, Handstand forward rolls, handstand front limber
- Cartwheels, Dive Cartwheels, Round-off, Aerials
- Front and back walkovers, limbers, handsprings
- Front and back tucks

WIN-WIN GYMNASTICS – FALL 2020 – NEW CLASSES ADDED

Homeschool – (Ages 6 through 12)

Win-Win's new Homeschool class is designed for children who participate in a traditional homeschool program. The hours of participation are scheduled for flexibility of the homeschool community and to afford children to the opportunity to meet any physical fitness requirements set forth in their curriculum. The hour long class is for both boys and girls, ages 6 and up. Homeschoolers will participate in stretching/flexibility, strength & conditioning and perform skills on bars, beam, trampoline and vault. Games and obstacles courses will keep your child engaged and having fun!

Friends & Family – (Ages 5 through 12)

Win-Win's new Friends & Family class will allow siblings, cousins and close friends to participate in gymnastics training together, in a fun, family-friendly format. This coed class will have flexibility in skills training, allowing children to train specific skills at their level and pace. Fun drills, games and obstacles courses will help keep kids engaged and enjoying gymnastics! Bring your family and friends in for an hour of fun each week!

For information regarding registration, tuition and policies for Win-Win Gymnastics Recreational class program, please visit our website at <http://www.winwingymnastics.com/Class.html> or call 410-551-5396 during office hours. If you have any questions regarding our class program, please email Coach Mary Kay, Win-Win's Recreational Program Director at wincoachmary@gmail.com.