

## PROGRAM DESCRIPTIONS

**Parent Tot Gymnastics** Fun early childhood classes will focus on taking turns, building balance and strength, listening skills, and basic gymnastics shapes. An instructor will guide Parent and Child through stations and obstacle courses. This program is for children 18 months to 3.5 years, accompanied by a parent or guardian.

**Little Leapers** Little Leapers focused on taking turns, building balance and strength, listening skills, learning basic gymnastics shapes like tuck, straddle, pike and lunge. Our classes offer a lot of opportunities for fun and growth. This class is geared toward ages 2-3 1/2 and **must be potty trained**.

**Preschool Gymnastics** This class for 4 & 5 year old's will introduce the basics of gymnastics. Taking turns, building balance and strength, listening skills and learning basic shapes. Our classes will provide a lot of opportunities for fun and growth while learning skills to get us ready for the big gym.

**Intro to Gymnastics** Basic tumbling skills (forward and backward rolls, cartwheels, handstands, etc) plus introduction to bars, balance beam and vault. Terminology of gymnastics is also introduced. This class is intended for ages 5 and older. Must pass Intro to move into Intermediate.

**Intermediate Gymnastics** Must pass Intro or have been evaluated to enroll. Gymnasts will work skills and progressions in tumbling, bars, balance beam and vault. Skills of emphasis are: pullovers, bridge kickover, handstand to bridge, cartwheels, and the start to vault. There will be an emphasis on our strength, flexibility and technique.

**Advanced Gymnastics** Must pass Intermediate or have been evaluated to enroll. Skill progression and advancement in tumbling, bars, balance beam and vault. Skills of emphasis are: roundoffs, handsprings, walkovers, vault, kips, jumps and turns on beam, also continuing to improve strength, flexibility and technique. Once mastered, you will be invited to try out for the pre team program.

**Pre Team** Our pre team program prepares gymnasts for competitive gymnastics for our club program and to help them prepare for the Alexandria high school program. These classes progress skills and start to incorporate routines, jumps and leaps in preparation for competition opportunities. If you have been on pre team in the past or are new to the area and have pre team or team experience, please contact Nichole for more information. Placement on pre team is done by evals that are completed in the spring or on a case by case basis.

**Alexandria Area Gymnastics Team** Our team program runs year round with evaluations taking place in the spring and team placement at the end of summer. Our competition season runs from November-March under the Midwest Amateur Gymnastics Association. If you are a competitive gymnast and new to the area, please contact Nichole at [nboyden@alexschools.org](mailto:nboyden@alexschools.org) for more information.