

ALEXANDRIA AREA GYMNASTICS 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 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 - 3.5 years old 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 and cartwheels. There will be an emphasis on our strength, flexibility, control 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, control and technique. Once mastered, you will be invited to try out for the pre team program.

Pre Team bridges the gap between recreation and training team. Meets once a week.

Training Team works on progressing skills and starts to incorporate routines, jumps and leaps in preparation for competition opportunities.

Alexandria Area Gymnastics Team Our team program runs year round with evaluations taking place in the spring and team placement during the summer. Our competition season runs October-December and follows rules and regulations that follow MSHSL high school gymnastics. If you are a competitive gymnast and new to the area, please contact Nichole at nboyden@alexschools.org for more information.