

## Line 19 Gymnastics Club

### Class Outline

Monday September 14, 2015

Welcome! Thank you for attending our first meeting for the new Line 19 Gymnastics Club. Below, you will find an outline of the main goals and outcomes that you can expect to be achieved throughout the first ten weeks.

The main goals of gymnastics are FUN, FITNESS and FUNDAMENTALS! During the first ten weeks, gymnasts can expect to have fun, gain fitness and acquire the fundamental skills and abilities required in gymnastics.

#### 3 – 4 years (Preschool)

Children can expect learn the basics of form, balance, coordination, landings and dismounts. They will also have the ability to discover the gymnastics equipment and will perform basic skills on the balance beam, bars, vault and floor. This class will be interactive through the use of circuits and games.

#### 5 – 7 Years (Junior)

Children will learn different aspects of their motor and physical skills. As well, they will be introduced to the basic forms of balance, form, coordination, landings and dismounts. Athletes will also be exposed to gymnastics apparatus and will exercise their strength and flexibility.

#### 8 – 10 Years (Beginner)

Gymnasts will become familiar with the fundamentals of gymnastics through the introduction of form, balance and coordination. They will learn different components of their motor and physical skills and will be required to exercise their strength, power, flexibility, agility and balance. Students will become acquainted with the bars, floor, beam and vault.

#### 11 – 12 Years (Intermediate)

Students will learn the fundamentals of gymnastics by performing skills that require them to exercise form, balance and coordination. Gymnasts will work on their strength and physical skills that will be enable them to master moves on the beam, vault, bars and floor.