



Class Overview

Tumblers (4-5 years) - This introductory class will give children their first experience with gymnastics. The class focuses on the development of fine motor skills while increasing coordination and strength. Children will learn basic gymnastics terms and be exposed to the balance beam, uneven bars, floor and an obstacle course, in a safe, fun environment.

Beginner (5 & up) - This class will introduce children to all four apparatus (vault, uneven bars, balance beam and floor exercise) while incorporating the importance of stretching and conditioning. Classes will be tailored to the individual child's needs to help develop every child's fullest ability. Some skills introduced are as follows; forward roll, backward roll down incline, cartwheel, pullover on the bars, and walks, kicks on the balance beam. For the full list of skills see your child's coach for a list of goals for their class.

Beginner 2- After mastering the **skills** in Beginner 1, this class continues to build and refine those skills. Gymnasts will gain more strength and flexibility, while learning drills and new skills to help reach the goals set forth for the class. Lunge cartwheels, round-off, handstands, stretch jumps on the beam, squat/straddle on vault are list of some of skills that will be taught in the class. For a full list of goals for this class, see your child's coach.

Adv. Beg. 1- This class is by evaluation only or after completion of goals in Beginner 2. The class is for gymnasts that have gained "body awareness" and have demonstrated strength and flexibility. There is more emphasis on execution of skills, correct form and strength training. Some skills introduced are as follows; walkovers, hurdle round off, jumps/leaps on the balance beam, back-hip circle on uneven bars, and handstand drills for vault.

Adv. Beg 2-This class is by evaluation only or after completion of goals in Adv. Beginner 1. This class will begin to put combinations of skills taught in other classes together. Gymnasts will have the opportunity to perfect skills taught, gain confidence in themselves while improving flexibility and strength. Skills introduced are handsprings, aerial, baby giants on bars, cartwheels/handstands on beam, and handspring on vault. For a full list of goals see your child's coach.

Team: By invitation/evaluation only. Competitive recreational gymnastics team.

Other Activities Offered....

Birthday Parties at LCG: In addition to classes, LCG can host a child's birthday party providing great activities for kids and an easy experience for parents. An enthusiastic staff member will lead the activities as the birthday child and his or her friends and parents play, laugh, and clown around together, creating a memorable celebration. The cost is \$ 125 for up to 10 children with the birthday child FREE! Every additional child is \$ 10 for 2 hours of supervised fun! We clean up the mess!

Private Lessons: Need help with a walkover? Handspring? Or just need to refine some gymnastics moves, then come sign up for a semi-private or private lesson today! (**Must be currently enrolled for classes**).

Open Gym: Open gym workouts are a perfect time to work on gymnastics skills or just have some fun with you friends! Cost is \$ 8.00 per gymnast, on Saturday's from 10am-12pm. (Call ahead- On Saturdays we host competitions there will be **no** open gym)