This is a level 1 class for those new to gymnastics, until they have mastered the skills to move up to level 2.

They will work on fundamental progressions and basic skills on primarily women’s events of: vault, uneven bars, balance beam and floor exercise Each class will also work to improve their body awareness, motor skills, balance, coordination, spatial and perception skills while increasing their strength, flexibility and self confidence.

Each class will focus on two of the four events with the goal of mastering the following:

* Proper run, stretch jump onto board, handstand and fall to flat back for vault
* Pullover to front support, cast and back hip circle on bars
* Relevé walks-front (back & side), jumps, small hop with split, pike stand and arabesque hold for beam
* Handstand with proper form, backward/forward rolls, cartwheel to standing bridge for floor
* Gymnastics terminology basics

This class will also teach kids more personal and social skills such as patience, how to take turns, pay attention, and how to take direction.

Our instructors will use an approach that builds confidence and encourages good socialization with the other kids.

* Instructor to Student Ratio: 1:8
* Prerequisites: Ability to follow more advanced instructions, excellent listening skills, sit and listen to the Instructor when necessary, interact safely with peers, and stay with the group.