

## Welcome Gymnasts!

We are excited to have you as a part of our recreational gymnastics program! We are excited to work with your gymnast(s) in a fun and enthusiastic environment. If you feel that your child is in a class that doesn't complement his or her needs, please let us know at the front desk or via email, so we can evaluate their class level. We want to be sure your gymnast is placed in the appropriate class.

### What will my Gymnast need for class?

- A plastic or metal water bottle is recommended (no glass please). We also have a drinking fountain the kids can use, however this takes away from class time and is not recommended.
- It is not required, but hand sanitizer is recommended and will be used often in class. We do have some available for use throughout the gym.
- All Gymnasts: Leotard, unitard, compression top, leggings, and shorts are all acceptable attire for class (nothing loose fitting).
- Hair should be pulled back and away from the child's face.
- All jewelry should be removed prior to class. We recommend leaving it at home to avoid losing it.

### Things gymnasts SHOULD NOT wear:

- Anything baggy. This will/can get wrapped around equipment and coaches, which can lead to serious injury to the gymnast and/or coach.
- Tank tops or t-shirts, to avoid pinching skin on equipment.
- Crop or midriff baring top, to avoid pinching skin on equipment.
- Layers, we don't want kids to lose things in the gym so please don't layer clothing.
- Socks or footed tights can not be worn in gymnastics class; they make it slippery for the gymnasts and can lead to injury. If you have a combination dance and gymnastics athlete we recommend transition tights that can be rolled up for gymnastics class and rolled down over the foot for dance class.
- Leotards with attached skirts or tutus will not be allowed. They will/can get wrapped around equipment and coaches, which can lead to serious injury.
- Watches and jewelry. We recommend leaving this at home where it is less likely to be lost.

### Where can we put our shoes, coats, extra clothing, etc.?

Street shoes are not allowed inside the gym. Please make sure your belongings are together and with a parent or in the cubbies by the bathrooms. Please do not leave belongings in the main lobby or by the gym door.

**Class Structures:**

Please have your gymnast use the bathroom before class. It is good to explain to your child that they can ask if they have to go to the bathroom, but it is best if they go before or after class so they don't miss out on the fun! When one child asks to leave, it usually triggers others to ask, therefore, we only allow one child out of the room at a time (unless there is an obvious need). We also encourage gymnasts to stretch and eat a healthy snack prior to practice. We work hard and want to avoid stomach aches.

**Preschool Classes held in the Ocean Gym / Parent Tot & It Takes 2 held in the Jungle Gym:**

- Gymnasts will start with a warm up and stretch, during which kids are encouraged to interact and participate.
- The class will rotate around different stations where they will learn how to stay with a group and understand and follow directions.
- Our lesson plans will build on those classroom management concepts while introducing your child to physical activities that will engage their imagination and develop gross motor skills, strength, coordination and introductory gymnastics fundamentals.

**School Age classes in the Main Gym:**

North Crest offers multilevel programming where children progress from level to level at their own pace. Classes are divided into groups according to age and ability. Great care is taken to teach skills in a thorough and progressive manner to alleviate gaps that might restrict their gymnastics potential in later years.

**Mini Muscle & Sharks**

- Gymnasts will start with a warm-up, stretch and trampoline. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have three 15 min. rotations. Mini Muscle will alternate between vault, floor, bars and rings/mushroom. Sharks will alternate between vault, floor, bars and beam. They will not see each event every week as we operate on bi-weekly rotations. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Our Mini Muscle class is structured around an appropriate curriculum for boys, 5 and 6 years old. This class is designed to begin transitioning children to the big gym and prepare them for an hour long class. The gymnasts will be working on progressing through their skills that will prepare them for Muscle Men 1.
- Our Sharks class is structured around an appropriate curriculum for boys and girls, 5 and 6 years old. This class is designed to begin transitioning children to the big gym and prepare them for an hour long class. The gymnasts will be working on progressing through their skills that will prepare them for Muscle Men 1 or Girls Level 1.

### **Girls Level 1- 6**

- Gymnasts will start with a 15-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 15 min. rotations. They will alternate between vault, bars, beam, floor, and tramp. They will not see each event every week as we operate on bi-weekly rotations. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Each event has assigned conditioning to help build strength to help with learning and perfecting each skill.
- Each class will be following lesson plans provided by the recreational gymnastics director. There will be a focus on progressive learning through strength and technique. This will ensure that the skills will be learned and performed properly, to lower risk of injury and so they can progress onto more difficult skills.

### **Muscle Men**

- Our Muscle Men 1 and 2 is structured around an appropriate curriculum for boys 6 years or older. It will work the next level of men's gymnastics skills and increase their strength, flexibility, and knowledge of important body positioning skills pertaining to gymnastics.
- Our Muscle Men Level 3 is structured around an appropriate curriculum for boys that have finished Muscle Men 2.
- All gymnasts will start with a 15-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 15 min. rotations. They will alternate between floor, vault, and our boy's area (including pommel horse, still rings, parallel bars, and high bar.) They will not see each event every week as we operate on bi-weekly rotations. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Each event has assigned conditioning to help build strength to help with learning and perfecting each skill.

### **Our Objectives:**

- To develop strength, flexibility, coordination, and kinesthetic awareness.
- To develop self-discipline and the ability to concentrate on and analyze physical movement.
- To instill physical activity as a daily part of life.
- To develop a positive self-image and self-confidence through the acquisition of gymnastics skills.

### **Additional Expenses (optional):**

**North Crest Leotard:** We will be selling North Crest exclusive leotards. We will be selling the leotards through our pro-shop, and we order based on need in September and October. Orders should be ready for pick up before Christmas.

**North Crest Compression shirts and shorts:** We will be selling North Crest compression shirts and mesh athletic shorts. We will be selling these through our pro-shop, and we order based on need in September and October. Orders should be ready for pick up before Christmas.

**North Crest Apparel:** North Crest apparel will be available a few times throughout the year and will consist of T-shirts, sweatshirts, jackets, etc. Items vary depending on the season.

### **Performance opportunities for our gymnasts:**

**Showtime Showdown:** Gymnasts love to show off what they have learned throughout the fall and winter months at our mock gymnastics meet, "Showtime Showdown". Parents, family members and friends get to sit in the gym while the gymnasts show off routines that they have learned on each event. We also have some of our competitive North Crest gymnasts perform at this event. This allows gymnasts to see what they are working towards and what they could be capable of! There will be a bake sale that is run by Team North Crest's booster club.

**Summer Splash:** "Summer Splash" showcases what our North Crest students have learned over the summer months. Parents, family members and friends get to sit in the gym while gymnasts show off skills on each event. Recreational Dancers will perform the dances they have learned over the summer and our day camp kicks things off with their "camp dance" of the season! Afterwards, weather and covid permitting, we will open the garage door and allow families to play outside in the backyard and open our gym for open gym time while enjoying a customer appreciation picnic of hot dogs and watermelon! Always a fun way to end our summer classes and it gives us an opportunity to say "Thank You" to our customers!

## **Important Dates for Recreational Gymnastics 2020-2021**

**September 8th-** First day of school session recreational classes

**October 15th-** MEA; classes will remain in session

**October 30th-** North Crest Trunk or Treat

**November 24th & 25th-** Thanksgiving; North Crest closed

**December 22nd through January 2nd-** Christmas & New Years; North Crest closed

**January 3rd-** Classes resume

**March 5th-** North Crest Gymnastics' Showtime Showdown; Times TBA

**April 15th through 18th-** Easter; North Crest closed

**April 11th through 14th-** Picture Week during regularly scheduled class time  
(combo kids will take pictures during dance class)

**May 16th through 19th-** Last Week of Gymnastics Classes at North Crest