

## Welcome Gymnasts!

We are excited to have you as a part of our gymnastics program! We enjoy working with children in a fun and enthusiastic environment. If you find that your child is in a class that doesn't complement his or her needs, please let us know. We want your gymnast to be placed in the right class!

### 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.

### What will my Gymnast need for class?

- A water bottle is recommended as our crash bar and spigot are currently unavailable for use. We do have a drinking fountain the kids can use.
- A synch bag to carry personal items in.
- It is not required to bring but hand sanitizer is recommended and will be used often in class. We have some available for use in the gym.
- A face mask is necessary to wear in all public areas of the facility and can be kept in your child's bag should they choose not to wear during practice.  
(Please make sure the water bottle are plastic, not glass and has your child's name on it!)
- Female Gymnasts: Leotard, biketard, leggings, and shorts (optional), are all acceptable attire for class. (No shorts too baggy.)
- Male gymnasts: Unitard, compression Shirt, and shorts are acceptable attire for class. (No shorts too baggy.)

### Things we DO NOT want gymnasts wearing:

- Anything baggy. This will/can get wrapped around equipment and coaches, which can lead to serious injury to the gymnast and coach.
- Tank tops or t-shirts, to avoid pinching skin on equipment.
- Crop or midriff showing top.
- Layers, we don't want kids to lose things in the gym so please don't layer clothing.
- Socks or footed tights should not be worn in class; they make it slippery for the gymnasts and can lead to injury.
- Leotard with attached skirts or tutus will not be allowed. They will/can get wrapped around equipment and coaches, which can lead to serious injury.
- Fitness watches and dangly jewelry.

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

Street shoes are not allowed in the gym. Please make sure your belongings are together and with a parent. Please do not leave belongings in the 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 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 and ocean gym:**

North Crest offers a multilevel program 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**

- Gymnasts will start with a 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 three 15 min. rotations. They will alternate between vault, bars, beam, floor, Boys area (for Mini Muscle) and tramp. They may not see each event every week. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Our Mini Muscles 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 Mighty Muscle I.

## **Muscle Men**

- Our Muscle men Level 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 Might Muscles Level 2.
- 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 between floor, vault, and our boy's area (including pommel horse, still rings, parallel bars, and high bar.) They may not see each event every week. 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.

## **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 may not see each event every week. 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 director. With 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.

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

**North Crest Leotard:** We will be selling North Crest exclusive leotards. We will be selling the leotards in pro-shop and we are ordering based on need in November. 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 ran by Team North Crest 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 routines 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 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!

(continue below for important dates)

## Important Dates for North Crest Recreational Gymnasts:

September 10: 1st Day of School Season Classes

September 11: First Family and 6+ Open Gym  
(Family Open Gym Sun. 2-4; 6+

Sun. 4-6; See website for more details)

October 2: First Parent Night Out Pending covid restrictions  
(First Friday of the month, 5:30-10PM Oct.-May, no PNO in January) (Visit our website for more details)

November 12: Leotard Order Deadline

November 25-November 29: North Crest closed, Thanksgiving No classes or open gyms

November 27: Holiday Parent Night Out Pending Covid restrictions 5:30- 10PM

One child - \$28.00 (includes tax)

Two siblings - \$35.00 (includes tax)

Three or more siblings - \$45.00 (includes tax)

Members receive a \$5.00 discount

December 22-January 3: North Crest closed, Christmas No classes or regular open gyms

TBD per covid restrictions. Holiday Family Open Gym  
(2:00-4:00pm \$6 for members and \$8 for nonmembers)

March 13: North Crest Gymnastics' Showtime Showdown  
(There are no regularly schedule classes gymnastics or dance)

March 14: No Open Gym

April 2-5: North Crest closed, Easter No classes or open gyms

May 9: No Open Gym

May 17-20: Last week of Gymnastics Classes at North Crest

May 16: Last Open Gym of School Season

June 8: 1st Day of Summer Season Classes