

# WISC Gymnastics Academy Class Descriptions

**Early Birds/Explorers (6 months - 2 Years):** This parent and child class offers an unstructured first experience in gymnastics. Your child will be able to experiment and explore different activities in the gym. Parents will be able to socialize with other parents of young children, and kids can exercise and meet new friends.

**Toddler Time ( 2 Years):** This class is for 2 - 3 year olds with a parent. We work on hand-to-eye coordination, fine motor and gross motor skills. Age appropriate movement using modified equipment and specially designed obstacle courses will enhance your child's physical, mental, emotional and social development. You and your child will receive the benefits of exercise and quality time together while helping your child establish lifelong fitness habits. It's fun too!

**Preschool 1 (3 Years):** This "solo" class continues to work on hand-to-eye coordination, fine motor and gross motor skills. We continue to use age appropriate movement using modified equipment, specially designed obstacle courses and varying progressive lesson plans to enhance your child's physical, mental, emotional and social development as well as fostering pre-school readiness.

**Preschool 2 (4 Years):** At this age, we take advantage of the child's natural instincts to play and explore. Emphasis will be on gymnastics movements, coordination and fun. The attention and activities our instructors provide will develop their sense of security, trust and self esteem while encouraging discipline and fundamental socialization skills necessary for pre-school and grade school.

**Boys Tumble and Strength (5+):** Boys will use the mini-gym single rail bars, rings and parallel bars to gain upper body strength along with floor mats, trampolines and Tumbl Trak to enhance their tumbling skills. Using skill progressions from USA Gymnastics boys program, lesson plans will be tailored to suit young boys and will emphasize strength, flexibility and body control. This class is designed to complement our co-ed beginner gymnastics classes.

**Kinders (5-6 Years):** These children can handle a more skill-oriented class. As the year progresses, we want to prepare them physically and mentally for our recreational gymnastics classes. Emphasis is on building basic skills, while improving strength and flexibility. They will learn fundamental gymnastics concepts along with skills on the vault, uneven bars, balance beam and tumbling.

**Beginner 1 (7 Years):** Emphasis is on building basic skills, strength and flexibility on all four events and Tumbl Trak. Class is intended for new gymnasts or for those who are a little rusty.

**Beginner 2 (8-9 Years):** Emphasis is on building basic skills, strength and flexibility on all four events and Tumbl Trak. Class is intended for new gymnasts or for those who are a little rusty.

**Beginner 3 (10 +):** Emphasis is on building basic skills, strength and flexibility on all four events and Tumbl Trak. Class is intended for new gymnasts or for those who are a little rusty.

**Intermediate 1 (6-7 Years):** This class involves more intensive strength, conditioning and flexibility. These kids will learn more challenging skills on all four events as well as Tumbl Trak. Skills required: Strong handstand and cartwheel, backbend, round-off and pull over.

**Intermediate 2 (8-9 Years):** This class involves more intensive strength, conditioning and flexibility. These kids will learn more challenging skills on all four events as well as Tumbl Trak. Skills required: Strong handstand and cartwheel, backbend, round-off and pull over.

**Intermediate 3 (10+):** This class involves more intensive strength, conditioning and flexibility. These kids will learn more challenging skills on all four events as well as Tumbl Trak. Skills required: Strong handstand and cartwheel, backbend, round-off and pull over.

**Advanced 1 (6-9 Years):** This class is for athletes who have mastered the basics. Skills required: front/back limbers, round off, back hip circle, handstand vault and beginning back handspring work.

**Advanced 2 (10+):** This class is for athletes who have mastered the basics. Skills required: front/back limbers, round off, back hip circle, handstand vault and beginning back handspring work.

**Adult Gymnastics (18 Years & up):** For ex-gymnasts and new gymnasts alike, this class is a good workout whether you are relearning old skills or trying it out for the first time. This class offers a fun way to get in shape for all ages and ability levels from beginner to advanced.

**Beginning Tumbling (5-10 Years):** This class which is broken into two age groups provides training on basic skills such as rolls, handstands, cartwheels and bridges.

**Intermediate Tumbling (6+ Years):** This class which is broken into two age groups, will expand on basic skills to start work on roundoffs, walkovers, and handspring development.

**Advanced Tumbling\* (Based on skills):** Must have strong roundoff, walkovers and back handsprings. We will develop saltos (flips) and multiple handsprings.

**Ninja Classes (5-12 Years):** Combining the Ninja obstacle course mats, trampolines, tumbling and basic self-defense, this class is for boys and girls who crave an active environment.

**Trampoline Classes (1-10 Years):** Broken into three age groups, these Trampoline and Tumbling classes will provide training on safety and basic skills including jumps, safety stops and shape jumps.

*\* Class requires coach recommendation from a Gymnastics Academy Manager.*