

ACADEMY LEVEL GYMNASTICS

JR. STAR GYMNASTICS:

STAGE C 4-6 YEARS

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level C is the start to our progressive program and is for our 4K and Kindergarten gymnasts. Students will be introduced to basic skills, learn vocabulary and body positions in a fun and supportive environment. Focus on proper techniques will help them progress to more advanced gymnastics skills in the future. Prerequisite skills include forward roll, beginner cartwheel, balance on one foot on low beam and holding front support on bar or at least 5 years of age. Recital will showcase gymnasts' achievements in May and December.

JR. STAR GYMNASTICS:

STAGE D 7-13 YEARS

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level D is the start to our progressive program for our school aged gymnasts. Students will be introduced to basic skills, learn vocabulary and body positions in a fun and supportive environment. Focus on proper techniques will help them progress to more advanced gymnastics skills in the future. Recital will showcase gymnasts' achievements in both May and December.

JR. STAR GYMNASTICS:

STAGE E 6-13 YEARS

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level E is the second course in our progressive program for our school aged gymnasts. Prerequisite: Stage C or D skills passed. The following skills are the focus while working on form and technique:

- Bars: casting, pullover, back hip circle
- Beam: lever, turns, jumps
- Floor: bridge kickover handstand holds round off
- Vault: jump to 3/4 handstand, strong hurdle

Recital will showcase gymnasts' achievements in both May and December.

JR. STAR GYMNASTICS:

STAGE F 6-13 YEARS

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: Bars, Beam, Floor & Vault. Level F is the third course in our progressive program for our school aged gymnasts. Prerequisite: Stage E skills passed. The following skills are the focus while working on form and technique:

- Bars: independent pullover & back hip circle, squat on dismount
- Beam: side handstand dismount, connected jumps, heal snap turn
- Floor: handstand press to bridge, independent kickover, handstand forward roll, round off rebound
- Vault: hurdle with arm circle, handstand flat back

Recital will showcase gymnasts' achievements in both May and December.

PRE-TEAM GYMNASTICS

5-15 YEARS

*By skill evaluation only. This program will prepare gymnasts for the competitive Gymstars program by fostering confidence and independence while working on advanced skill development with the following skills:

- Bars: front hip circle, squat on, high casting
- Beam: split jumps, mini handstands, side handstand dismounts
- Floor: back handspring, round-off rebound, extension rolls
- Vault: front handspring