# GYMNASTICS
## (5-10 YEARS)

ACHIEVEMENT PROGRAM

This fun, focused class is designed for both beginning and experienced gymnasts who are ready to build skills, strength, and confidence in a positive, encouraging, noncompetitive environment.

## WHAT IS MY GYMNAST LEARNING?

Through repetition and encouraging coaching, your child develops focus, perseverance, and confidence as their skills improve and they progress.

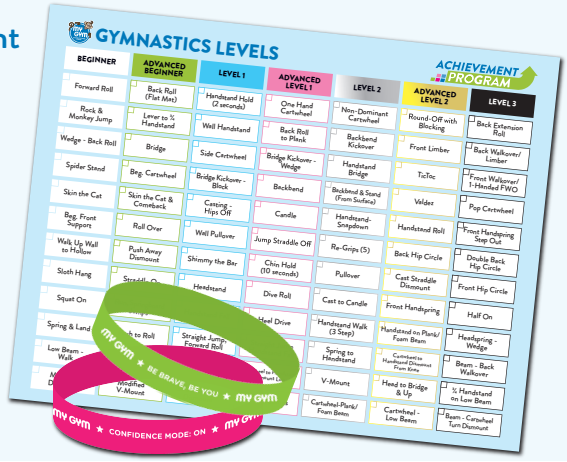
Here's what they're working on:

- ***Gymnastics fundamental skills*** on the Bars, Beam, Vault, and Tumbling
- ***Strength, flexibility & balance*** through conditioning and gymnastics circuits
- ***Confidence & resilience*** as skills build, improve, and start to stick

## LEVELING UP!

Each gymnast has a personal skill tracker for their current level, which includes 12 foundational skills across Bars, Beam, Vault, and Tumbling. As your child achieves each skill with confidence and consistency, it's checked off on their tracker.

Once all skills for that level are completed, **your child levels up, earns a new wristband, and graduates to the next set of skills** – a proud, motivating milestone that celebrates effort and progress.




## IN EVERY GYMNASTICS CLASS, YOUR CHILD WILL:

- ☑ Build strength, flexibility, coordination, agility, and overall body control
- ☑ Learn foundational gymnastics skills in a safe, encouraging setting
- ☑ Develop discipline, focus, and perseverance
- ☑ Gain confidence by refining skills and seeing visible improvement
- ☑ Practice teamwork and positive sportsmanship

my GYM CHILDREN'S FITNESS CENTER®

WATCH US IN ACTION