

Achievement Program Directives

The goals of the Achievement Program (Achievement Program) are to:

1. Enhance the My Gym Curriculum.
2. Educate members on “the whys” behind our ingredients and curriculum.
3. Acknowledge the children for their attendance, participation, and hard work.
4. Increase retention of children as they age up through the My Gym programs.

Our objectives are to layer a program into curriculum that:

1. Adds only minimal additional work or training time for owners and directors.
2. Is simple for My Gym teachers to learn and integrate (again, with minimal training).
3. Has minimal financial investment.

We feel we have developed a program that meets its goals while keeping the objectives paramount.

Preschool Gymnastics and Ninja Jr. Classes:

1. General Description:
 - a. The Achievement Program for these classes is loosely modeled after the belt system used in martial arts programs (but much less stringent). There is also an important educational element for the parents with children enrolled in these classes.
 - b. At their trial gym tour:
 - i. The child will receive a white wristband to wear in class.
 - ii. The parent will receive a Skill and Development sheet explaining the class and Achievement Program.

Note: If a child enrolls but never does a trial, they will receive their white wristband on the day of their first attended class.

- c. With continued enrollment, the child will move through a system of levels and earn a new color wristband as they progress from one level to the next.
 - i. At certain enrollment milestones, the tracking system will remind the teacher that a child is due to “level up” – this is called the Level-Up Challenge.
 - ii. The teacher should inform the child and parent that the child is ready to take their “Level-Up Challenge” that day after class.
 - iii. One of the teachers will perform a 1-2-minute “Level-Up Challenge” after class. (See details below.)
 - iv. If a child cancels and returns at a later date, they can pick up where they left off. Their last reached color level is also retained in the tracking

system. If they no longer have their wristband, give the child another wristband of that color.

2. Program Elements:

a. **Skill and Development Sheet:** Given to the parent/guardian of all new trialists on the first day of their trial

b. Parent Educational Email:

- i. MGE has created emails informing enrolled members of the benefits of the curriculum their child will experience in the upcoming 4 weeks:
 1. The emails are to be sent every 4 weeks (along with the younger kids parent education emails).
 2. There is a unique email for every older program.
 3. When there is a new enrollment, they will receive the next parent education email for the upcoming cycle, so they may not receive the email for a few weeks.
- ii. These emails will continue to be sent until the member opts out of the emails or cancels their membership.
- iii. IMPORTANT: For now, these emails must be manually sent through the MGM Email System. Our hope is that, in the future, this will be an automated email that is automatically sent.

c. Wristbands:

- i. Ordered through Ship My Gym
- ii. Given to the child at their trial date – If a parent enrolls and no trial is taken, the child is given their wristband at the first class.
- iii. The different color wristbands represent the levels the child has achieved.
- iv. Teachers should very strongly encourage the children to wear their wristbands to every class. While we understand that this poses some challenges, it is an important part of the program. It gives a visual for the next level to achieve, and it will help with retention of students.
 1. What if a child forgets their wristband? This will happen often. It's OK. The child may participate without it. Ask the child/parent to bring it next time.
 2. What if a child loses their wristband? This will also happen often. You may choose to give the child another one for free or sell one to the parent for \$1.00.
- v. My Gym Teacher Wristbands:
 1. Teachers can wear wristbands as well. This will help encourage the children and support the program.
 2. There is a specific adult black wristband for sale on Shop My Gym. Black is the highest color the children can achieve.
 3. Because of their range of adjustability, many My Gym teachers will also be able to wear the child-sized wristbands as well.

d. **Certificate:** A certificate is given to the child after each LUC (half and full-page options available).

- e. **Sticker:** A sticker is given to the child after each LUC.
 - f. **Level-Up Challenge:** Every child will have a “level-up challenge” (LUC) in order to move up a level. There is no testing or challenge at the date of enrollment.
3. Procedure and Format of Level Up Challenges for Preschool Gymnastics and Ninja Jr. Classes:
- a. The LUC takes only 1-2 minutes and is done immediately after the class ends (rest of class will be in the lobby).
 - b. Let the child know to stay on the gym floor because they are ready to LEVEL UP!
 - c. The parent should be informed so they can watch (from lobby) and take pictures.
 - d. It is OK if other parents or children are watching – this will encourage them to also stick with the program and level up themselves.
 - e. Every Level-Up Challenge consists of the child:
 - i. Performing 2 out of 3 physical skills (gymnastics/ninja, strength, etc.):
 - 1. NOTE: To enable each teacher to somewhat “tailor” the challenge to the child’s ability, MGE will provide 3 physical skills – the teacher simply needs to select 2.
 - ii. Answering 1 question (Gymnastics or Ninja related, “good citizen,” name an apparatus, etc.).
4. Other Important Level-Up Challenge Details:
- a. If the child tries their best, they will always pass their level-up challenge.
 - b. After the level up challenge, the child will receive a certificate, a sticker, and their new color wristband, which they can wear proudly to class.
 - c. The child and parent should be encouraged to take a picture with a social media milestone sign or the certificate.
NOTE: If necessary, you can hold a LUC with more than 1 child at a time.
5. Level-Up Challenge Tracking and Timing:
- a. All LUC skills and questions are provided in the tracking system:
 - i. For the tracking system to work properly, it is essential that attendance be taken in every class.
 - ii. Every LUC must be checked off in the tracking system. This is vital so the system can remind you of future Level Up Challenge dates.
 - b. Timing of Level Up Challenges:
 - i. Timing is based per week:

1. If one class (class, MU, unlimited class, etc.) is attended in a week, that week is counted as 1 week.
 2. Attending multiple classes in a week does not advance a child faster. It is still counted as “1 week attended.”
 3. Practice and Play does not count toward LUCs.
- ii. First LUC: On the 4th week of attended classes
 - iii. All future LUCs: Level-up Challenges will continue every 8 weeks. If a child misses a week, the system simply pushes their LUC date back by one week.
 - iv. Duration of the program:
 1. New levels are earned until the child is approximately 5 years old. Once a child turns 5, the child should be ready to graduate to the next class (Gymnastics or Ninja Training).
 2. If there is no Gymnastics or Ninja Training class for the child to move up to after they turn 5, or if the child must remain in the Preschool Gymnastics/Ninja Jr. class longer, there are enough wristbands and levels for approximately 2 years.
 3. The final color to be earned is solid black. This is the 13th level/ color. Once this color is attained, the child remains black and there are no further LUCs.
 - c. Levels/Colors:
 - i. Level 1 - White (1st enrolled class through 4 weeks)
 - ii. Level 2 - Green (8 weeks from previous LUC)
 - iii. Level 3 – Blue (8 weeks from previous LUC)
 - iv. Level 4 – Pink (8 weeks from previous LUC)
 - v. Level 5 – Silver (8 weeks from previous LUC)
 - vi. Level 6 – Gold (8 weeks from previous LUC)
 - vii. Level 7 – Black and Grey (8 weeks from previous LUC)
 - viii. Level 8 – Black and Green (8 weeks from previous LUC)
 - ix. Level 9 – Black and Blue (8 weeks from previous LUC)
 - x. Level 10 – Black and Pink (8 weeks from previous LUC)
 - xi. Level 11 – Black and Silver (8 weeks from previous LUC)
 - xii. Level 12 – Black and Gold (8 weeks from previous LUC)
 - xiii. Level 13 – Solid Black (8 weeks from previous LUC)

6. Curriculum:

- a. Important: Teachers will continue to naturally teach curriculum and intentionally not referencing the Achievement Program by name. For example, there will not be any ingredients where a teacher will state, “This is great for our achievement program” or “reach up high so we get the next achievement.” Instead, any teaching points will be delivered in a completely natural way throughout curriculum.

- i. My Gymers simply need to follow normal Weekly Meeting and Pre-shift protocols, and the Achievement Program will be underway!
- ii. There is nothing special to learn or do week to week (other than LUCs).

7. Graduating:

- a. The child should be given a Graduation Certificate when they are ready to move up. This may be presented at the end of their last class in front of the other kids:
 - i. This may not always be possible, since the parent may move up without telling you, do it online, not return to their last class, etc. In these cases, it can be given in the class the child has graduated to.
 - ii. The child and parent should be encouraged to take a picture with the graduation certificate or a social media milestones sign.

Ninja Training Classes

NOTE: The Achievement Program for Ninja Training is simpler than the Ninja Jr. version. For ease of learning, **green highlights** denote sections that are **DIFFERENT** from Preschool Gymnastics/Ninja Jr. If it is not highlighted, it is the same as the Preschool Gymnastics/Ninja Jr. version.

1. General Description:

- a. The Achievement Program for these classes is loosely modeled after the belt system used in martial arts programs (but much less stringent). There is also an important educational element for the parents with children enrolled in these classes.
- b. At their trial gym tour:
 - i. The child will receive a white wristband to wear in class.
 - ii. The parent will receive a Skill and Development sheet explaining the class and Achievement Program.

Note: If a child enrolls but never does a trial, they will receive their white wristband on day of their first attended class.

- c. With continued enrollment, the child will move through a system of levels and earn a new color wristband as they progress from level to the next.
 - i. If a child cancels and returns at a later date, they can pick up where they left off. Their last reached color level is also retained in the tracking system. If they no longer have their wristband, give the child another wristband of that color.

2. Program elements:

- a. **Skill and Development Sheet:** Given to the parent/guardian of all new trialists on the first day of their trial.

b. Parent Educational Email:

- i. MGE is creating emails informing enrolled members of the benefits of the curriculum that their child will experience in the upcoming 4 weeks.
 1. The emails are to be sent every 4 weeks.
 2. There is a unique email for every older program.
 3. When there is a new enrollment, they will receive the next parent education email for the upcoming cycle, so they may not get the email for a few weeks.
- ii. These emails will continue to be sent until the member opts out of the emails or cancels their membership.
- iii. **IMPORTANT:** For now, these emails must be manually sent through the MGM Email System. Our hope is that, in the future, this will be an automated email that is automatically sent.

c. Wristband:

- i. Given to the child at their trial date – If a parent enrolls and no trial is taken, the child is given their wristband at the first class.
- ii. The different color wristbands represent the levels the child has achieved.
- iii. Teachers should very strongly encourage the children to wear their wristbands to every class. While we understand that this poses some challenges, it is an important part of the program. It gives a visual for the next level to achieve, and it will help with retention of students:
 1. What if a child forgets their wristband? This will happen often. It's OK. The child may participate without it. Ask the child/parent to bring it next time.
 2. What if a child loses their wristband? This will also happen often. You may choose to give the child another one for free or sell one to the parent for \$1.00.

d. **Certificate:** A certificate is given to the child after each LUC.

e. **Sticker:** A sticker is given to the child after each LUC.

f. **Level-Up Challenge:** In this class, the children will perform their Level-Up Challenges all together during their class.

3. Procedure and Format of Level Up Challenges for Ninja Training Classes:

- a. Since Ninja Training classes run with 4-week progressions, the Level-Up Challenges in this class will take place after 2 rounds of progressions – or every 8 weeks.
- b. LUCs revolve around 1 major obstacle, 1 minor obstacle, and 1 conditioning skill from the previous 8 weeks.

- c. On an LUC week, there will be subtle language included in curriculum to let the kids know that their hard work and grit is paying off and that they will be leveling up.
 - d. The parents should be informed so they can watch (from lobby) and take pictures.
4. Other Important Level-Up Challenge Details:
- a. If the child tries their best, they will always pass their level-up challenge
 - b. After the level up challenge, the child will receive a certificate, a sticker, and their new color wristband, which they can wear proudly to class.
 - c. The child and parent should be encouraged to take a picture with a social media milestone sign or the certificate.
5. Level-Up Challenge Tracking and Timing:
- a. All LUC levels are provided in the tracking system. They must be checked off as completed so the system can track and alert you to the next LUC date.
 - b. **Timing of Level Up Challenges:**
 - i. Level-Up Challenge occurs every two 4-week progression cycles – which is every 8 weeks.
 - ii. Regardless of attendance in previous weeks, if a child is there on an LUC week, they will participate in LUC activities and level up.
 - iii. What if a child enrolls the week of an LUC week? If this occurs, present that child with their white wristband.
 - iv. What if a child attends only 2-3 classes and then we have an LUC week? It is up to you. In most cases, we believe you should not level up the child. Simply let them know that, since they just enrolled, they will level up at the next Level-Up Challenge week.
 - v. What if a child attends several classes in an 8-week period, but they are absent the day of the LUC week?
 - 1. Best Option: Have child attend an MU class and level up there.
 - 2. Option 2: Give child their wristband at the start of the next class they attend. They put in the work to reach the next level, so they should not be penalized.
 - c. **Duration of the program:**
 - i. New levels are earned for approximately 2 years.

- ii. The final color to be earned is solid black. Once this color is attained, the child remains black, and there are no other colors to earn.
 - iii. If a child does earn all 13 colors, we also advise gifting the child a free T-shirt they can proudly wear along with their solid black wristband.
- d. Colors of Levels:
- i. White (1st enrolled class through 4 weeks)
 - ii. Green (8 weeks from previous LUC)
 - iii. Blue (8 weeks from previous LUC)
 - iv. Pink (8 weeks from previous LUC)
 - v. Silver (8 weeks from previous LUC)
 - vi. Gold (8 weeks from previous LUC)
 - vii. Black and Grey (8 weeks from previous LUC)
 - viii. Black and Green (8 weeks from previous LUC)
 - ix. Black and Blue (8 weeks from previous LUC)
 - x. Black and Pink (8 weeks from previous LUC)
 - xi. Black and Silver (8 weeks from previous LUC)
 - xii. Black and Gold (8 weeks from previous LUC)
 - xiii. Solid Black (8 weeks from previous LUC)
6. **Curriculum:**
- a. There is nothing special to learn or do week to week. Simply follow the curriculum, which is nearly identical to pre-Achievement Program curriculum.
7. **Graduating:** Not applicable, as this class is the oldest age offered.

Gymnastics Classes:

NOTE: The Achievement Program for Gymnastics is simpler than the Preschool Gymnastics version. For ease of learning, **green highlights** denote sections that are **DIFFERENT** from Preschool Gymnastics/Ninja Jr. If it is not highlighted, it is the same as the Preschool Gymnastics/Ninja Jr. version.

1. General Description:

NOTE: Although the children in the gymnastics class do in fact “level up,” there is no Level-Up Challenge in this class:

- a. **The Achievement** Program for these classes is modeled after the USA Gymnastics (USGA) standards and levels system. There is also an important educational element for the parents with children enrolled in these classes.
- b. At their trial gym tour:
 - i. The child will receive a white wristband to wear in class.
 - ii. The parent will receive a Skill and Development sheet explaining the class and Achievement Program.

Note: If a child enrolls but never does a trial, they will receive their white wristband on day of their first attended class.

- c. **As the child** learns skills, the child will move through a system of levels and earn a new color wristband as they progress from one level to the next:
 - i. If a child cancels and returns at a later date, they can pick up where they left off. Their last reached color level is also retained in the tracking system. If they no longer have their wristband, give the child another wristband of that color.

2. Program Elements:

- a. **Skill and Development Sheet:** Given to the parent/guardian of all new trialists on the first day of their trial.
- b. **Skill and Assessment Sheet:**
 - i. Upon enrollment, each child/parent will receive a Skill and Assessment sheet for the child/parent to be aware of the skills and levels they are working toward. The sheet is taken home by the child/parent.
 - ii. This sheet lists all of the skills the child must learn to move up through the levels of the system.
Note: My Gym teachers do not need to track each child's progress on this sheet because there is a tracking system in each child's account. This information is for the child/parent.
- c. **Parent Educational Email:**
 - i. MGE is creating emails informing enrolled members of the benefits of the curriculum that their child will experience in the upcoming 4 weeks:
 1. The emails are to be sent every 4 weeks.
 2. There is a unique email for every older program.
 3. When there is a new enrollment, they will receive the next parent education email for the upcoming cycle, so they may not get the email for a few weeks.
 - ii. These emails will continue to be sent until the member opts out of the emails or cancels their membership.
 - iii. IMPORTANT: For now, these emails must be manually sent through the MGM Email System. In the future, our hope is that this will be an automated email that is automatically sent.
- d. **Wristband:**
 - i. Given to the child at their trial date – If a parent enrolls and no trial is taken, the child is given their wristband at the first class.
 - ii. The different color wristbands represent the levels the child has achieved. It is common for children to move quicker through the beginning levels and take longer for the more difficult ones.
 - iii. Teachers should very strongly encourage the children to wear their wristbands to every class. While we understand that this poses some

challenges, it is an important part of the program. It gives a visual for the next level to achieve, and it will help with retention of students:

1. What if a child forgets their wristband? This will happen often. It's OK. The child may participate without it. Ask the child/parent to bring it next time.
 2. What if a child loses their wristband? This will also happen often. You may choose to give the child another one for free or sell one to the parent for \$1.00.
- e. **Certificate:** A certificate is given to the child after each new level is achieved.
- f. **Sticker:** A sticker is given to the child after each level is achieved.
3. **Procedure, Timing, and Format for Earning New Levels in the Gymnastics Class:**
- a. Every child is working toward learning a specific set of skills (on Skill and Assessment sheet and also the tracking system). Each child will progress at their own level and pace. Although we are always coaching and encouraging forward progress, the child should never be made to feel bad about their progress, and pressure should never be placed on the child.
 - b. It is the responsibility of the My Gym teachers to look at each child's tracking to stay informed of what the child is working on.
 - c. This is common in all gymnastics facilities and vital to the My Gym gymnastics program.
 - d. Each skill has a:
 - i. "Progressing" point: Child is on their way and is about halfway to learning the skill.
 - ii. An "Achieved" point: The child has learned the skill and can execute it on their own.
 - e. Once the child has "achieved" all of the skills in their level, they can be presented with a certificate and new wristband. When possible, include the parent in these promotions so they can take pictures and share in the experience.
 - f. The child then has a new set of skills to conquer before they attain the next level.
4. **Levels/Colors in Gymnastics Program:**
- a. Beginner: White
 - b. Advanced Beginner: Green
 - c. Level 1: Blue

- d. Advanced Level 1: Pink
 - e. Level 2: Silver
 - f. Advanced Level 2: Gold
 - g. Level 3: Black
5. **Curriculum:**
- a. There is nothing special to learn or do week to week. Simply follow the curriculum and pay attention to each child's progress within their level.
2. **Graduating:** Not applicable – as this class is the oldest age offered.