

Achievement Program Implementation

**For Preschool Gymnastics, Ninja Jr, Ninja Training, and
Gymnastics**

Achievement Program Refresher

Goals of the Achievement Program

- **Enhance the My Gym Curriculum**
- **Educate members on the “whys” of ingredients/curriculum**
- **Acknowledge children’s attendance/participation/hard work**
- **Increase class retention - keep families in class longer!!**

Preschool Gymnastics/Ninja Jr

First Class:

- **White Wristband**
- **Skill and Development Sheet**

Level Up Challenge (LUC)

- **First LUC after 4th week of classes**
- **Every 8th week after that**
- **After class: Child demonstrates 2 physical skills and answers one question**
- **Give new color wristband to correspond to new level**

PRESCHOOL GYMNASTICS (3½-5 YEARS) **ACHIEVEMENT PROGRAM**

Your preschooler is gaining confidence, coordination, and independence – and Preschool Gymnastics is their first step into an independent life. Gym class.

Classes include gymnastics stations, motor and strength relays, tumbling skills, and movement-based games designed to build strong bodies and confident movers.

WHAT IS MY GYMNAST LEARNING?

Through guided movement, repetition, and encouragement, your child practices listening, following directions, and moving their body with control – all while building confidence from trying, practicing, and feeling proud of what they can do.

Here's what they're working on:

- **Strength & Coordination** through age-appropriate gymnastics and relays
- **Confidence & Resilience** through simplified movement and body awareness
- **Confidence & Independence** as they learn to participate in class on their own

LEVEL UP CHALLENGES!

Preschool Gymnastics includes individual Level Up Challenges that celebrate each child's personal growth. They'll even earn their first Level Up just a few weeks after starting class – a fun way to celebrate their early progress!

Each Level Up includes:



- Two physical skills performed to the best of their ability
- One "Good Citizen" question

When your child levels up, they'll earn a new wristband and a certificate to mark the milestone – a proud, confidence-boosting moment just for them!

IN EVERY PRESCHOOL GYMNASTICS CLASS, YOUR CHILD WILL:

- Strengthen their body through foundational gymnastics and tumbling
- Improve balance, coordination, and flexibility
- Practice listening and following directions in a group setting
- Build confidence through positive reinforcement and skill progression
- Leave class feeling proud, capable, and excited to return

WATCH US IN ACTION



NINJA JR. (3½-5 YEARS) **ACHIEVEMENT PROGRAM**

Your preschooler is gaining confidence, coordination, and independence, and Ninja Jr. is where those growing skills really start to shine – in their first independent class experience.

In this fun, fast-moving class, kids participate on their own while coaches guide them through class activities that change weekly to keep things exciting, engaging, and FUN! – all in a supportive, noncompetitive environment where every child can succeed.

WHAT IS MY NINJA LEARNING?

Each class blends obstacle courses, relays, games, and strength-building activities that help your child grow stronger, more coordinated, and more confident. They're learning to follow directions, focus on a task, and keep going when something feels tricky.

Here's what they're working on:

- **Strength & Coordination** through climbing, swinging, jumping, and balancing
- **Problem Solving & Focus** as they follow directions and complete challenges
- **Confidence & Resilience** by trying new skills and celebrating progress

LEVEL UP CHALLENGES!

Ninja Jr. includes individual Level Up Challenges that celebrate each child's personal growth. They'll even earn their first Level Up just a few weeks after starting class – a fun way to celebrate their early progress!

Each Level Up includes:



- Two physical skills performed to the best of their ability
- One "Good Citizen" question

When your child levels up, they'll earn a new wristband and a certificate to mark the milestone – a proud, confidence-boosting moment just for them!

IN EVERY NINJA JR. CLASS, YOUR CHILD WILL:

- Burn energy in a fun, positive way that builds real skills
- Strengthen their body through age-appropriate obstacles and games
- Practice listening, focus, and following directions
- Build confidence by trying new challenges in a supportive setting
- Learn teamwork, patience, and cooperation through group activities

WATCH US IN ACTION



Skill and Development Sheets

Ninja Training

First Class:

- **White Wristband**
- **Skill and Development Sheet**

Level Up Challenge (LUC)

- **Completed every 8 weeks (after two obstacle progressions)**
- **Worked into curriculum and completed AS A CLASS**
- **Demonstrate one Major Obstacle, Minor Obstacle, and Conditioning Skill from the last 8 weeks**
- **Give new color wristband to correspond with new level**

NINJA TRAINING ACHIEVEMENT PROGRAM

(5-10 YEARS)

As your child grows stronger and more confident, they're ready for bigger challenges – and Ninja Training is where all that energy meets purpose in a fun, obstacle-course-based class kids love. This isn't about being the fastest or the strongest. It's about effort, resilience, and learning to show up with confidence, all in a supportive, noncompetitive environment where every Ninja feels successful.

WHAT IS MY NINJA LEARNING?

Each class blends obstacle courses, relays, games, and strength-building activities that encourage your child to try, adjust, and try again – building strength, coordination, focus, and problem-solving skills while learning to move with control and keep going when something feels tricky.

Here's what they're working on:

- **Physical strength & agility** through climbing, swinging, jumping, and balancing
- **Problem solving & focus** while navigating obstacles and game-based challenges
- **Confidence & resilience** by trying new skills and sticking with them


LEVEL UP CHALLENGES!

Every 8 weeks, Ninjas take part in a special Level Up Challenge Week that celebrates progress and effort:

Each Ninja takes on:



- One featured obstacle from class
- One movement focused on balance, control, or technique
- One strength skill

After completing the challenges to the best of their ability, the class celebrates together as they level up and earn a new wristband color.



IN EVERY NINJA TRAINING CLASS, YOUR CHILD WILL:

- ✓ Build strength, agility, and coordination through dynamic obstacle courses
- ✓ Practice focus and body control while navigating challenges
- ✓ Learn to try again when something feels tricky (without pressure or comparison)
- ✓ Grow confidence through effort, perseverance, and small wins
- ✓ Leave class energized, proud, and excited to come back

 WATCH US IN ACTION 

Skill and Development Sheet

**Preschool
Gymnastics/Ninja Jr/Ninja
Training Level Wristband
Colors**

**When a child levels up, give the
corresponding color wristband
to level**

Level 1: White

Level 2: Green

Level 3: Blue

Level 4: Pink

Level 5: Silver

Level 6: Gold

Level 7: Black and Grey

Level 8: Black and Green

Level 9: Black and Blue

Level 10: Black and Pink

Level 11: Black and Silver

Level 12: Black and Gold

Level 13: Solid Black

Gymnastics

First Class (NEW members):

- **White wristband**
- **Skill and Development Sheet**
- **Gymnastics Skill Checklist**

First Class (Existing members):

- **Appropriate level wristband**
- **Skill and Development Sheet**
- **Gymnastics Skill Checklist**

NO LUCs

- **Skill-based levels corresponding to USGA Standards**
- **Children level up on their own timeline**
- **Once child achieves all the skills in their level, they move up**

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, Beams, 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



WATCH US IN ACTION



GYMNASTICS LEVELS						ACHIEVEMENT PROGRAM	
BEGINNER	ADVANCED BEGINNER	LEVEL 1	ADVANCED LEVEL 1	LEVEL 2	ADVANCED LEVEL 2	LEVEL 3	
Forward Roll	Back Roll (Flat Mat)	Handstand Hold (2 seconds)	One Hand Cartwheel	Non-Dominant Cartwheel	Round-Off with Blocking	Back Extension Roll	
Rock & Monkey Jump	Lever to 1/2 Handstand	Wall Handstand	Back Roll to Plank	Backband Kickover	Front Limber	Back Walkover/Lamber	
Wedge - Back Roll	Bridge	Side Cartwheel	Bridge Kickover - Wedge	Handstand Bridge	ToToe	Front Walkover / Headed PFC	
Spider Stand	Bag Cartwheel	Bridge Kickover - Block	Backband	Backband & Stand (From Surface)	Valdez	Pop Cartwheel	
Skin the Cat	Skin the Cat & Comeback	Casting - Hips Off	Candle	Handstand-Scapular	Handstand Roll	Front Handspring Step Out	
Bag Front Support	Roll Over	Wall Pullover	Jump Straddle Off	Ris Grips (5)	Back Hip Circle	Double Back Hip Circle	
Walk Up Wall to Hollow	Push Away Dismount	Shimmy the Bar	Chin Hold (10 seconds)	Pullover	Cast Straddle Dismount	Front Hip Circle	
Sleek Hang	Straddle On	Handstand	Dive Roll	Cast to Candle	Front Handspring	Half On	
Squat On	Run, Springboard Jumps	Handstand Fall	Heel Dive	Handstand Walk (3 Steps)	Handstand on Plank / Foam Beam	Handspring - Wedge	
Spring & Land	Push to Roll	Straight Jump, Forward Roll	Straight Jump, Handstand Fall	Spring to Handstand	Cast to Handstand Dismount (From Floor)	Beam - Back Walkover	
Low Beam - Walk	Low Beam - Backwards	Modified V-Mount & Walks	Cast to Handstand Dismount Low	V-Mount	Head to Bridge & Up	1/2 Handstand on Low Beam	
Mount & Dismount	Modified V-Mount	Straddle Jump Dismount	Hips & Jumps	Cartwheel Plank / Foam Beam	Cartwheel - Low Beam	Beam - Cartwheel Turn Dismount	

Gymnastics Level Wristband Colors

Beginner: White

Advanced Beginner: Green

Level 1: Blue

Advanced Level 1: Pink

Level 2: Silver

Advanced Level 2: Gold

Level 3: Black

MORE INFO ON INTRANET

**LIBRARY - DOCUMENTS - 'ACHIEVEMENT PROGRAM DETAILS
FOR INDEPENDENT CLASSES'**

TRACKING SYSTEM

Preschool Gymnastics/ Ninja Jr Tracking

- **Everything tracked through Attendance Page**
- **Every child enrolled in PSG/Ninja Jr starts with a **White Star w/ Blue Cross Line****
- **Click on Star to get to **Skill Assessment Page****
- **Child must be marked 'Level 1' once given white wristband**
- **Each level includes **3 skills and 1 question****
 - **Child only completes 2 of the listed skills and the question to level up**
- **Must input the date of completion on Skill Assessment Page for each skill to accurately track next LUC date**
- **Next LUC date found on the far right of the Attendance Page**
- **Attendance **MUST** be accurate to ensure accurate Next LUC date!!!**

Ninja Training Tracking

- **Everything tracked through Attendance Page**
- **Every child enrolled in Ninja Training starts with **White Star w/ Blue Cross Line****
- **Click on Star to get to **Skill Assessment Page****
- **Child must be marked Level 1 once given white wristband**
- **Each level includes **Major Obstacle, Minor Obstacle, Conditioning Skill****
 - **Obstacles/Conditioning Skill worked into curriculum and completed as a class**
- **Must input the date of completion in the Skill Assessment Page**
- **Attendance NOT tracked unlike PSG/Ninja Jr**
 - **All children present on Level Up Challenge day will get new wristband!**

Attendance Page Changes/Skill Assessment Page

Ninja Training - WED 6:20 PM - 7:20 PM - APR 22, 2026

ENROLLED: 13 of 15 Apr 22, 2026

#	ACTIONS	ALERTS	CHILD
1			Abdullah Smith
2			Alaric Hasso
3			Avery Purfield
4			Benjamin Douthwaite
5			Brooklynn Carter
6			Chloe Clahar
7			Esmeralda Trejos-Elizondo
8			Forrest De Meo
9			Kabir Smith
10			Kenzlee Elliott
11			Owen Anderson
12			Paris Anderson
13			Stephen Munro

TRIALS

#	ACTIONS	ALERTS	CHILD	PREP	AL
1			Hope Woodruff		
2			Narada Taylor		

Level Icon

1 Brooklynn Carter - 5y 1m

Ninja Training Wed 6:20PM

COMPLETED	SKILL
3/25/2026	Level 1 - White Give white wristband at trial
	Level 2 - Green
	Major Obstacle
	Minor Obstacle
	Conditioning Skill
	Level 3 - Blue
	Major Obstacle
	Minor Obstacle
	Conditioning Skill
	Level 4 - Pink
	Major Obstacle
	Minor Obstacle
	Conditioning Skill
	Level 5 - Silver
	Major Obstacle
	Minor Obstacle
	Conditioning Skill
	Level 6 - Gold
	Major Obstacle
	Minor Obstacle
	Conditioning Skill
	Level 7 - Black / White
	Major Obstacle

Skill Assessment Page (Click on Star)

Note: Ninja Training AP started 3/25 - All children besides new trials marked Level 1

Gymnastics Tracking

- **Everything tracked through Attendance Page**
- **New Gymnastics Trialists begin with **White Star w/ Blue Cross Line****
- **Click on Star to get to **Skills Assessment Page****
- **Check skills in current level as either **'Progressing'** or **'Achieved'****
 - **Progressing - Child is learning the skill**
 - **Achieved - Child can complete skill independently**
- **Child must achieve all skills in current level to advance**
- **Attendance not a factor for leveling up**

Attendance Page Changes/Skill Assessment Page

Gymnastics - TUE 5:10 PM - 6:10 PM - APR 21, 2026

ENROLLED: 14 of 15 Apr 21, 2026

#	ACTIONS	ALERTS	CHILD
1			Aubri'skye Robinson
2			Camille Chuong
3			Janelle Koroma
4			Jasmine Vogt
5			Layten Bennett
6			Leah Coletto
7			Leah Vick-Brown
8			Leilani Williams
9			Phoebe Mcgee
10			Riley Bogden
11			Riyah King
12			Skylar Lewis
13			Theo McMahon
14			Zaraaya Bruce

Level Icon

Aubri'skye Robinson - 6y 0m
Gymnastics Tue 5:10PM

Give white wristband at trial

PROGRESSING	ACHIEVED	SKILL
<input type="checkbox"/>	<input type="checkbox"/>	Beginner - White
<input type="checkbox"/>	<input type="checkbox"/>	Forward Roll
<input type="checkbox"/>	<input type="checkbox"/>	Rock and Monkey Jump
<input type="checkbox"/>	<input type="checkbox"/>	Wedge Back Roll
<input type="checkbox"/>	<input type="checkbox"/>	Spider Stand
<input type="checkbox"/>	<input type="checkbox"/>	Skin the Cat
<input type="checkbox"/>	<input type="checkbox"/>	Beginning Front Support
<input type="checkbox"/>	<input type="checkbox"/>	Walk Up Wall to Hollow
<input type="checkbox"/>	<input type="checkbox"/>	Sloth Hang
<input type="checkbox"/>	<input type="checkbox"/>	Squat On
<input type="checkbox"/>	<input type="checkbox"/>	Spring and Land
<input type="checkbox"/>	<input type="checkbox"/>	Low Beam Walk
<input type="checkbox"/>	<input type="checkbox"/>	Mount and Dismount
<input type="checkbox"/>	<input type="checkbox"/>	Advanced Beginner - Green
<input type="checkbox"/>	<input type="checkbox"/>	Back roll on Flat Mat
<input type="checkbox"/>	<input type="checkbox"/>	Lever to 3/4 Handstand

Skill Assessment Page

When you read this, text Sam "Done"