



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GO FOR THE GOLD

YOUTH GYMNASTICS
PROGRESSION GUIDE



SOUTH MOUNTAIN YMCA
973 762 4145



Gymnastics is a fun way for children to develop motor skills, self-esteem, self-discipline and coordination. Here at the South Mountain Y, we are dedicated to providing children of all ages positive opportunities in a safe environment. Gymnastics is an excellent way to lay down the foundation for fitness, movement and future participation in a variety of sports.

Whether your child is 2 years old or about to graduate from high school, we have it all! From our gentle adult/child classes to the high flying and strong ACES Team, we have developed this guide to help you find the fit that works.

Skills listed are suggested skills for each level and are subject to the make up of each class, as each group is unique and may progress slower or faster than anticipated.

All of our classes follow the YMCA of the USA Progressive skills program and USA-Gymnastics Safety Guidelines.

STEPS TO SUCCESS AND GYM GUIDELINES

1. Have all children wear non-restrictive clothing to class.
2. Leotards are required for girls 5 years and older.
3. Boys may wear comfortable pants and t-shirts. Please, no loose gym shorts for boys as they can restrict movement.
4. Pants without belts, buckles, snaps and buttons are safest.
5. Long hair should be tied back in a ponytail or bun.
6. No jewelry permitted in any class, regardless of age.
7. Children 3 years and older must be toilet trained (no pull-ups).
8. Prior registration is required for all classes unless you have made prior arrangements with the director to trial a class.
9. A minimum of 4 participants must be registered within 3 days of the start of a new session or the program may be canceled.
10. Our Adult/Child classes are designed to introduce young children to a social, constructive environment as well as gymnastics. We have a no tolerance policy for physical violence. Your child may be asked to withdraw from the class if physical violence is a consistent problem. In addition, please note that while the instructor will teach the class, the chaperone is required to participate and provide supervision to the child.

CLASSES AT-A-GLANCE

CLASS NAME	AGES	ABILITY	PREREQUISITE	NEED REC.
TINY TUMBLERS I	Walking – 2 1/2 yrs	Basic	Walking	No
TINY TUMBLERS II	Walking – 3 1/2 yrs	Beginner	Tiny Tumblers I	Yes
STARS	3 – 4 yrs	Beginner	Must be 3 yrs	No
SHINING STARS	3 – 4 yrs	Intermediate	Stars	Yes
SHOOTING STARS	4 – 5 1/2 yrs	Beginner/ Intermediate	Shining Stars	Yes
SPARKLERS	4 – 5 1/2 yrs	Intermediate	Shooting Stars	Yes
SUPERHERO	3–5 yrs	Beginner	Must be 3 yrs	No
CIRQUE DU SOMA	5 – 10 yrs	Beginner	Must be 5 yrs	No
ROLLERS	6 – 10 yrs	Beginner	Must be 6 yrs	No
SWINGERS	6 – 10 yrs	Intermediate	Rollers	No
KIPPERS	7 – 12 yrs	Intermediate/ Advanced	Swingers	Yes
ASPIRING ACES	7 – 12 yrs	Advanced	Kippers	Yes
PRE – TEAM	N / A	Advanced	Try Outs	Yes
ACES TEAM	N / A	Advanced	Try Outs	Yes



For a level evaluation, please contact **Gailmarie** by email, gsprague@metroymcas.org or phone, 973 762 4145 x115.

ADULT/ CHILD

Our adult/child classes help us to introduce children to an active and fun class environment prior to their ability to take a structured class with an instructor. The Y is for **Youth Development, Healthy Living** and **Social Responsibility**, and we try to infuse these principles in our classes.

Starting **Fall 2016**, we have revised our offerings to reflect the needs and wants of our community. We are extremely excited to switch over to an **Adult/Child class** that progresses as a gymnastics class! Please note that we have strict age guidelines. Please follow these guidelines and refrain from bringing older children to participate.



TINY TUMBLERS I (WALKING - 2½ YEARS)

A fun introduction to gymnastics that will help children develop their gross motor skills while rolling, balancing, swinging and crawling. Toddlers will get the experience of a structured class with the help of their adult chaperone. Stretching, circle time, parachute games, obstacle courses, skill building and singing are all key parts of this class that keeps it fun. Tiny Tumblers will help children transition into independent gymnastics and sports classes as they get older. This is a class that requires the adult chaperone to participate with the child.

Prerequisite: Walking

Skills Developed: Balancing, Rolling, Listening, Basic Ring Swings, Socialization, Animal Walks, Bar Hangs

TINY TUMBLERS II (WALKING - 3½ YEARS)

A class for toddlers who are ready for more advanced instruction. Toddlers will get the experience of a structured class with the help of their adult chaperone. This class will be held similar to our preschool classes, yet still with the aid of an adult. This class is the next level in helping children transition into independent gymnastics classes as they get older. This is a class that requires the adult chaperone to participate with the child.

Prerequisite: Tiny Tumblers I or other gym experience

Skills Developed: Independent balance, Straddle stretch, Butterflies, Shimmy across (single bar), Forward roll, pull ups.



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PRESCHOOL CLASSES

Our preschool classes are designed to develop gymnastics abilities that benefit children on the equipment and hone in on fine-tuning key motor skills. The instructors in our preschool gymnastics program are trained, passionate and instrumental in teaching young children important life skills such as discipline and exploration.

Strength, balance, coordination and decision making are focuses of these classes in addition to equipment understanding. Drop off is preferred to ensure concentration.

STARS

(3-4 YEARS)

Children will begin to develop an understanding of gymnastics terminology and skill. This is a perfect introduction to basic gymnastics with a fun and engaging instructor.

Prerequisite: Must turn 3 years old by the first class.

Skills Developed: Butterflies, Forward and Sideways on Beam, Forward Roll Building, Point and Flex, Basic Ring Swings, Basic-level Supported Handstands

SHINING STARS

(3-4 YEARS)

The next level in preschool gymnastics skill development. The instructor will continue to grow understanding of gymnastics and important technical terminology.

Prerequisite: Completed session of our Stars class with teacher recommendation OR previous gym experience.

Skills Developed: Floor Progression, Beam Dips, Successful Forward Roll, Increasing Flexibility, Straddle on Rings and Bar, Supported Handstands

SHOOTING STARS

(4-5½ YEARS)

This class can either be the next progression for 4 year olds after Shining Stars or a starting point for older children. In preparation for further gymnastics development, children will start learning more challenging skills and terminology.

Prerequisite: Completed session of our Shining Stars class with teacher recommendation OR previous gym experience

Skills Developed: Bridges, Kicks and Dips on Beam, Backwards Roll Building, Pike swings, Candlesticks, Handstands

SPARKLERS

(4-5½ YEARS)

Our highest level preschool class. The Sparklers are students either currently in Kindergarten or who have advanced past Shooting Stars.

Prerequisite: Completed session of our Shooting Stars class with teacher recommendation OR previous gym experience

Skills Developed: Tumbling Passes, Arabesques, Cartwheel Prep, Forward Walks on Middle Beam, Flyaways, Handstands, Springboard jumps, Splits, Donkey Kicks

SUPERHERO TRAINING

(3-4 YEARS)

Save the day! Train with us in the gym as we learn to run, jump, tumble and climb over obstacles! This class is a great way to get your preschooler interested in gymnastics by using superhero themes to learn skills.

Prerequisite: Must turn 3 years old by the first class

Skills Developed: Warm ups, Forward and Sideways on Beam, Rolling on a Decline, Upside- down Swings, Swinging with One Hand, Aim and Focus



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SCHOOL-AGE CLASSES

In our school-age classes, participants will be able to grow through our progressive class set up and evaluation system. Classes will be divided by skill level, though there may be more than one class at a time in the gym as participants work on the various Olympic events. Gymnastics is the perfect opportunity to develop and interest and understanding of fitness while growing strength and self-esteem.

ROLLERS (6-10 YEARS)

Work on the basics and introduces gymnastics skills on all Olympic events. An emphasis is on flexibility, strength, and the fundamentals of gymnastics. Begins with group warm-up/stretch then gymnasts are grouped by ability when working on gymnastics apparatus. There may be more than one class in the gym at a time.

Prerequisite: Must turn 6 years old by the first class

Skills Developed: Half-Turn on Toe, Front Support Walks on Beam, Forward Roll, Casting on Uneven Bars, Pullover, Tuck and Pike on Trampoline, Dismounts on Beam, Shimmy on Bars, Cartwheels, Arabesque

SWINGERS (6-10 YEARS)

Further develop skills on the four Olympic events while building fitness and conditioning. There may be more than one class in the gym at a time.

Prerequisite: Completed session of our Rollers class with teacher recommendation or previous gym experience

Skills Developed: Handstands, Round-offs, Cartwheels, Cartwheel on low Beam, Pullover, Bridge Kick-Over, Jump Up onto Block, Front Support to Mount Beam, Pullover with No Spot on Bars, Multiple Casts in a Row, Tuck and Straddle onto Vault, Back Hip Circle

KIPPERS (7-12 YEARS)

This class focuses on complex beginner skills and progresses to more advanced gymnastics skills. Previous gymnastics experience required.

Prerequisite: Completed session of Swingers with teacher recommendation; ability to perform a solid round off and unassisted backbend

Skills Developed: Conditioning, Cartwheel Variations, Walkovers, Full Turn on Toe, Cat Leap on Beam, Split Leap, Handstand without Spot, Bridge Kick-Over, Round-offs

ASPIRING ACES (7-12 YEARS)

Gymnasts who show proficiency to transition to team in the near future will receive top-notch attention in this class, developing skills needed to participate on our pre-team.

Prerequisite: Teacher recommendation only

Skills Developed: Back Walkover with Spot, Donkey Kicks to Handstand on Vault, Pullover & Back Hip Circle without Spot, Pivot Turns and Heel Snaps on Beam, Split Jump and Hitch Kick on Beam, Handstand Rolls



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COMPETITIVE GYMNASTICS

The ACES (AGES 8-18)

The South Mountain YMCA has a long history with gymnastics that we are proud of! Our ACES Team members are dedicated to learning new skills, cheering each other on and putting in the work to succeed. The ACES compete across the state, scooping up medals and experiencing other gyms. Competitive Gymnastics is an intrinsic aspect of our Y; our coaches a strong team of fierce leaders guiding the gymnasts along.

PRE-TEAM

Interested in becoming a part of our competitive Aces Gymnastics Team? The pre-team was created to introduce gymnasts to the structure of team while building important techniques. Participants prepare for competitive gymnastics with a concentration on tumbling and dance connections, routine requirements, and essential gymnastics drills. When pre-team members show specific learned skills on each of the four events (balance beam, vault, uneven bars and floor), they will be advanced onto the team. Pre-team meets are held with the other New Jersey Gymnastics League Teams to offer the experience of a scored meet.

ACES

Our Competitive Team offers an ideal opportunity for young gymnasts exhibiting an aptitude and keen interest in gymnastics to take their skills to the next level. Gymnasts compete at their skill level at local, state, regional, and national level competition in the New Jersey YMCA Gymnastics League following USA-G Junior Olympic Program rules and guidelines. Coaches are safety certified and USAG members with a combined 50 years of coaching and competition experience. Our goal is for every competing gymnast to reach their individual potential. Practices are typically held at two different locations.

CIRQUE DU SOMA

(AGES 5-10)

Come one, come all! This fusion class combines gymnastics, dance, performance, and circus arts. Participants will explore floor acrobatics, the trampoline, obstacle courses, tightrope, hooping and suspension, in addition to practicing with circus props such as ribbons, hoops, juggling scarves & bubbles!

TUMBLE UNIVERSITY

(AGES 6-10)

Every skill and ability level welcome! Work with our Gymnastics Team Coaches on various tumbling and jumping techniques. This class will utilize our gymnastics equipment to help tumblers achieve tricks such as handsprings, cartwheels, round-offs and more. May not be offered every session.

CHEERLEADING

(AGES 6-10)

Learn the fundamentals of cheerleading including motion techniques, jumps, stunts, cheers and chants. Taught by our Head Gymnastics Coach, Courtney Hazlewood, this class will explore the fun world of cheerleading while empowering participants to be loud and proud! May not be offered every session.



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FIND THE SUPERHERO IN YOU!

Our Annual Support Campaign allows us to extend aid to those in need of financial assistance. Considering making a donation to the campaign to allow children to tumble, jump and grow in our gymnastics program!

tinyurl.com/smygive



SOUTH MOUNTAIN YMCA

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