

# Pensacola State College

## Gymnastics Recreation Class Descriptions

Services provided by Panhandle Perfection Gymnastics

**Session 1: September 24, 2018 - November 3, 2018**

**Session 2: November 5, 2018 - December 22, 2018**

**Girls' Beginner** – (6 hours) This class is for girls ages 6 and up who have never participated in gymnastics or done minimal gymnastics before. Gymnasts will learn basic form, technique, and fundamental skills on each event while developing coordination, body awareness and balance.

**Girls' Advanced Beginner** – (6 hours) For girls ages 6 and up who can demonstrate competency in beginner skills. This class will allow the gymnast to build on the beginner-level skills to prepare her for future recreation classes or toward our team track.

**Girls' Intermediate** – (9 hours) Girls who have attained a majority of the skills taught in Advanced Beginner are eligible for the Intermediate class. The class emphasizes skill perfection and amplitude, performing combinations, and enhancing strength and balance.

**Girls Advanced** – (12 hours) Girls not wishing to participate in our gymnastics team program but have a desire to continue building more and more advanced skills are recommended for our advanced class.

**Boys' Beginner** – (6 hours) This class is for boys ages 6 and up who have never participated in gymnastics or done minimal gymnastics before. Gymnasts will learn basic form, technique, and fundamental skills on each event while developing coordination, body awareness and balance.

**Boys' Advanced Beginner** – (6 hours) For boys ages 6 and up who can demonstrate competency in Beginner skills. This class will allow the gymnast to build on the Beginner-level skills to prepare him for future recreation classes or toward our team track.

**Boys' Intermediate** – (9 hours) Boys who have attained a majority of the skills taught in Advanced Beginner are eligible for the Intermediate class. The class emphasizes skill perfection and amplitude, performing combinations, and enhancing strength and balance.

**Boys' Advanced** – (12 hours) Boys not wishing to participate in the gymnastics team program but have a desire to continue building more and more advanced skills are recommended for our advanced class.

**Tumbling** – (6 hours) Athletes will develop basic skills continuing through advanced skills in tumbling utilizing our spring floor, our tumble track and other training tools to build skills needed for tumbling.

**Parent/Child 1** – (3 hours) Our parent/child classes are for very young children (newborn - 12 months) accompanied by their parents who seek to establish a bond while at the same time developing the baby's coordination, general motor skills, balance and strength. Both child and parent need to register (a separate, non-fee course is provided for registration of parent).

**Parent/Child 2** – (4.5 hours) This class for children ages 1 year – 3 years teaches socialization with other children while developing basic gymnastics skills, coordination, strength and stretching techniques. Both child and parent need to register (a separate, non-fee course is provided for registration of parent).

**Preschool 1** – (6 hours) Boys and girls ages 3 to 4 years will be introduced to the basic concepts of gymnastics using a variety of stations. Emphasis is placed upon following directions, developing loco-motor skills, and learning basic gymnastics concepts.

**Preschool 2** – (6 hours) Boys and girls will continue to learn the fundamentals of gymnastics on various apparatus. This level encourages skill mastery, enhanced coordination, flexibility, and strength, as well as, reinforces behaviors (listening, memorization, demonstration, turn-taking, etc.) required of children entering or already in school.

**Preschool 3, Girls'** – (6 hours) Girls ages 5-to-6 will learn to transition to larger-sized equipment, preparing children for beginner classes in the big gym.

**Preschool 3, Boys'** – (6 hours) Boys ages 5-to-6 will learn to transition to larger-sized equipment, preparing children for beginner classes in the big gym.

**Advanced Preschool** – (7.5 hours) Advanced Preschool is an invitation-only class for girls' ages 4-6 that prepares preschool age gymnasts to participate in USA Gymnastics' Talent Opportunity Program. It teaches necessary basic skills for physical abilities testing and gears the gymnasts toward PPGs team program.

**Parent/Child-1 Parent and Parent/Child-2 Parent** – (3-hour and 4.5-hour courses) These courses pair with Parent/Child 1 and Parent/Child 2; these non-fee courses provide for registration of parent attending with child who is enrolled in the fee course to receive instruction.