

# Gymnastics April 2014

## Exhibition Meets

Each May we hold an exhibition meet for each of our gymnastic classes, including the Parent & Child, Preschool, Boys and Girls classes.

Each gymnast learns a routine that they can perform for their families and friends. At the end of each meet, gymnasts are recognized and receive awards. Each meet lasts about an hour. A photo opportunity will be set up in another gym for you to use if you would like. It is a very fun and an exciting time of year!

This year's theme is; Circus with the Stars.

Watch for more information to follow in the May newsletter about dates and times.



### Dates to Remember!

May 13	Next Pass-Off Night
May 16-22	Week of Exhibition Meets!
May 19-31	Regular classes will not be held
May 26- 31	NO Gymnastics due to the last week of school/Memorial Day
June 2	Summer Session Begins



*Summer and Exhibition Meet Schedules will be attached to May's Blue envelopes.*

*Watch for the Summer Schedule flyer to be posted at the front desk and in registration.*

### **Class Schedules for May:**

**-There will be full class lessons during the first 3 weeks through Saturday, May 17<sup>st</sup>.**

**-The exhibition will begin on Friday, May 16 thru Thursday, May 22. On weekdays the exhibitions are at 5:00, 6:00 & 7:00 pm and on Saturday afternoon. A schedule will be attached to May's newsletter.**

**-This is a class performance for ALL gymnasts (with the exception of some competitive team) to show parents their gymnastics routines they have been learning, to be individually recognized and receive an award.**

**-There is no additional charge for the exhibition meet.**

**-The last week of May, classes will not be held (May 26- 31)**

**-The increase or decrease number of lessons offered during the month does not affect the tuition price. Tuition remains the same**

*Summer Registration will ONLY be available at the Registration desk Mon – Fri 8:00 a.m. – 6:00 p.m.*

**\*Blue envelopes need to be turned into the Registration desk.\***

This will allow your child to be registered in the correct summer class. If any class changes need to be made, transfer requests are available at the Registration Office.

Open registration for new gymnasts begins online May 26, 8:00 am and in registration on Tues, May 27, 8:00 am.

### **Spectators:**

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.

**\*May's tuition is due by April 20<sup>th</sup>.**



# LEGACY EXHIBITION ROUTINES 2014

## LEVEL 1

### VAULT

Stretch Jump onto a 16" high mat (*arms High Stretch, Stick, Finish*); Kick to Handstand Flatback (*arms High Stretch Handstand thru landing*)

### BARS

1. Back Hip Pullover Mount to Front Support (*arrive at straight arms*)
2. Cast (*straight arms*)
3. Back Hip Circle (*straight arms*)
4. Single Leg Shift Forward OR Single Leg Toe Touch R then L (*straight arm press*)
5. Knee basket (*straight arms*)
6. Single Leg Shift Backward (*straight arm press*)
7. Cast Push Away Dismount (*straight arms*)

### BEAM

1. Jump to Front Support Mount; Leg Cut to Straddle Sit (*arms in Star*)
2. Pike Lying Position; Tuck stand to Releve Balance Stand. (Hold 2 sec.) (*arms High Crown*)
3. Arabesque; (Hold 2 sec.) (*arms Side-Middle*)
4. Forward leg Swings (*arms Side-Middle*)
5. Lunge, T Lever, Lunge (*arms High Stretch*)
6. Leg Balance in Forward Passé; (Hold 2 sec.) (*Hands on Hips*)
7. Stretch Jump (*arms High Crown*)
8. (Start from Knee) Cartwheel to  $\frac{3}{4}$  Handstand Dismount OR Stretch Jump to side (*arms High Stretch to finish*)

### FLOOR

1.  $\frac{3}{4}$  Handstand OR Lever Handstand (*arms High Stretch*)
2. Lunge Cartwheel Lunge; Step Back Feet Together (*arms High Stretch*)
3. Backward Roll Tucked to Stand (*arms High Stretch*)
4. Candlestick to Tuck Stand (*arms High Stretch to Palms resting on floor at Side*)
5. Forward Roll Tucked to Stand (*arms High Stretch*)
6. Walking Steps - 2 (Turned out Coupe) (*arms Side-Middle*)
7. Forward Passé Balance to Releve (*Hands on Hips*)
8. Forward Chasse (L leg lead) to Leg Swing (R side) (*arms Side-Middle*)
9. Split Jump (*arms Side-Middle*) to Releve Balance (Hold 1 sec.) (*arms High Crown*)
10. Lunge Pose Finish (*arms High Crown to Finish*)

LEGACY EXHIBITION ROUTINES 2014  
**LEVEL 2**

**VAULT**

Handstand Flatback to a raised surface (min. 16") (*arms remain High on jump and landing*)

**BARS**

8. Back Hip Pullover Mount (*arrive at straight arms*)
9. Cast (*straight arms*)
10. Back Hip Circle (*straight arms*)
11. Single Leg Cut Forward (*straight arm press*)
12. Forward Stride Circle OR Single Leg Basket Swing (straight leg) (*straight arms*)
13. Single Leg Cut Backward (*straight arm press*)
14. Cast Underswing Dismount (OR Cast Squat On/Pike Sole Circle Dismount) (*straight arms*)

**BEAM**

9. Jump to Front Support Mount; Leg Cut to Straddle Sit (*straight arm hand grasp on beam in front*)
10. Whip Swing to Push-Up (*from straight arms high, circle straight arms backward/downward to hands side-by-side grasp on beam*); Jump to Tuck Stand (*arms to high crown*); Releve Balance Stand. (Hold 2 sec.) (*arms high crown*)
11. Arabesque; (Hold 2 sec.) (*arms side-middle*)
12. Forward leg Swing R; Backward leg Swing L (*arms side-middle*); Releve (Hold 2 sec.) (*arms to high crown*)
13. Step kick Lunge, Lever to Beam Touch, Lunge (*arms high stretch*)
14. Leg Balance in Forward Passé; (Hold 2 sec.) (*hands on hips*)
15. ½ Pivot Turn (L leg lead) (*arms high crown*)
16. Stretch Jump (*arms high stretch*)
17. Cartwheel to Side Handstand Dismount (*arms high stretch to finish*)

**FLOOR**

1. Handstand Hold (1 sec.) (*straight arms High stretch*)
2. Round-Off (*straight arms High stretch*)
3. Backward Roll to Pike Stand (*straight arms High stretch*)
4. Candlestick (to L-Sit) (*straight arms remain High stretch overhead*)
5. Bridge, Back Kick-Over (*arms straight press*)
6. Two ½ Pivot Turns (L leg lead) (*arms High crown*)
7. Forward Chasse (L leg lead) (*straight arms Side-Middle*)
8. Straight Leg leap (*arms Low on step, Side-Middle on leap*) to R leg Swing (*arms Low on step, lift to High crown*)
9. Two ¼ Heel-Snap Turns in Forward Passé (*arms Forward-Middle-Curved, lift to finish*)
10. Split Jump (*straight arms Side-Middle*) to Press to Releve Stand (*arms High crown*)
11. Lunge Pose (*arms High crown to finish*)

## LEVEL 3

### VAULT

Handstand Flatback to a raised surface (min. 32") (*arms remain High on jump and landing*)

### BARS

15. Glide Swing (*straight arms*) and Return to Back Hip Pullover Mount (*arrive at Straight arms*)
16. Wrist Shift (*back to Straight arms*)
17. Single Leg Cut Forward (*straight arm press*)
18. Forward Stride Circle OR Single Leg Basket Swing (*straight leg*) (*straight arms*)
19. Single Leg Cut Backward (*straight arm press*)
20. Cast Back Hip Circle (*straight arms*)
21. Underswing Dismount (*straight arms to finish*)

### BEAM

18. Leg Swing with  $\frac{1}{2}$  Turn to Straddle Sit (*straight arm hand grasp on beam in front*); Whip Swing to Push-Up (*from straight arms high, circle straight arms backward/downward to hands side-by-side grasp on beam*); Jump to Tuck Stand (*arms to high crown*); Stand Pose (*straight arms extended Forward-Middle*)
19. Cross Handstand (*straight arms High stretch*)
20. Rond De Jambe to Arabesque; (Hold 2 sec.) (*straight arms Side-Middle*)
21. Straight Leg leap (*arms Low on step to Side-Middle on leap*); Step, Cross-Leg Pose (*arms Low on step to straight arms in L-position on pose*)
22. Stretch Jump, Stretch Jump (*begin arms High; lower to Side, lift High Stretch, paint-the-walls, lift High Stretch, remain High on landing; lower arms to finish*)
23. One  $\frac{1}{2}$  Pivot Turn (L leg lead) (*arms High crown*)
24. Passé Pose (*palms up; arms circle forward-downward-backward-upward to finish*)
25. Cartwheel to Side Handstand Dismount OR Cartwheel To Side Handstand,  $\frac{1}{4}$  Turn Dismount (*arms high stretch to finish*)

### FLOOR

1. Arm Wave Poses (*supplely lift R arm to slightly forward Side-Middle, hold; repeat with L arm*)
2. Leg Swings to Side (L then R) (*arms remain in Side-Middle during swings, then lower in demi-plié*)
3. Split Jump (*arms Side-Middle*), Stretch Jump (*arms High Stretch*); Side lunge Pose (*arms supplely lower to L-position*)
4. Step kick Handstand to Bridge, Back kick-Over (*straight arms High Stretch*)
5. Forced Arch Poses (*arms sequence – Low at side, Forward-Middle, Side-Middle, Low at side*)
6. Step Kick Handstand Forward Roll Step-Out (*Straight Arms High Stretch*)
7. Forward Chasse (L leg lead) (*arms Side-Middle*) to Step (*arms Low*) to Straight leg Leap (*arms Side-Middle*); Step (*arms Low*) to R Leg Swing in Releve (*arms High Crown*) to Flat foot Finish (*Straight arms High Stretch*)
8. Backward Roll to Push-Up (*Straight arm press*) Slide to Bent Knees position (*arms to High crown*)
9. Forward Split (*arms Side-Middle*); Leg Swing Forward to Pike Sit (*straight arms High stretch*)
10. Candlestick (*straight arms remain High stretch overhead*) to Stand Pose (*arms High in Finish*)
11.  $\frac{1}{2}$  Turn in Forward Passé (*arms Forward-Middle-Curved, lift to finish*)
12. Round-Off, Flic-Flac, Rebound OR Round-Off, Rebound (*arms High Stretch*)
13. R step Lunge, L Knee low (*both hands on R hip*) to Stand; Pose (*L arm High, R arm Low -diagonal*)

