

# Gymnastics July 2014



## Changes Coming Last Week of August!

After the facility closure, the last week of August will be included in September's tuition and the Fall Schedule will begin on Monday, August 25<sup>th</sup>.

**August 1-15 Summer Class Times**

**August 18-23 Facility Closed**

**August 25-31 Included in Sept classes**

Parents we need your help! Please have your children visit the restroom before class begins. Also, we are having problems with children not respecting the equipment. It would be helpful to remind them not to scratch, throw or abuse the equipment.

## Fall Schedule Info Available This Month

The Gymnastic Fall Flier will be available at the front desk/registration on Monday, July 14<sup>th</sup>. The fall flier along with your specific class time will be attached to the August Gymnastic Newsletter.

## Pass Off Day

**Tuesday, July 15<sup>th</sup>**

**Boys & Girls Level 1 & 2 @ 6:45 p.m.**

## Dates to Remember!

July 15	Pass Off Night
July 20	August tuition is due
August 15	Last Day of Summer Schedule
August 18-23	No Gymnastics – Facility Closed
August 25	First Day of Fall Schedule
Sept 1	Labor Day – No Gymnastics

## 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.



## Pass Off Info

**Who:** Gymnasts in Kindergarten, Boy's/Girl's Level 1 and Level 2 wanting to advance to Level 2 or Level 3 classes.

**When:** Generally 3<sup>rd</sup> Tuesday of every month

### Requirements:

#### Girls

To pass off into Level 2, gymnast should master these skills:

*Vault-* Run, hurdle, straight jump onto rezi mat  
S handstand flat back

*Bars-* Chin hold for 5 seconds  
Pull Over & back hip circle with a light spot

*Beam-* Pivot turn (on toes)  
Releve' & Arabesque Hold (5 seconds)  
Lunge-Lever-Lunge, Straight Jump

*Floor-* Forward roll to stand (no knees or hands touching ground when standing up out of the roll)  
Backward roll to stand (no knees touch ground)  
Lunge Handstand Lunge with good body positions  
Handstand hold on wall (10 seconds)

Good Bridge with straight arms (20 seconds)  
Cartwheel

*Strength & Flexibility-* 5 push ups  
Hollow Body Hold (10 sec.) Good Splits & Pike

LISTENS & GOOD ATTITUDE



## Girls Cont.

To pass off into Level 3, gymnast must master these skills:

*Vault-* Run, Hurdle, Dive Roll onto rezi  
Standing Handstand Flat back

*Bars-* Pull Over, Back Hip Circle (very light spot), 3 Hollow Body Casts in a row

*Beam-* Pivot Turns, Tuck Jump  
Lunge, Baby Handstand, Lunge (Low Beam)  
Arabesque to Scale (2 second hold)

*Floor*  
Straddle Forward Roll to stand  
Backward roll to stand with straight arms

Lunge, Full Handstand, Lunge  
Handstand Hold on wall (20 seconds)  
Bridge, Kick over on wedge mat

Run, Hurdle, Cartwheel

*Strength & Flexibility-*  
Hollow Body hold (20 seconds)  
Chin Hold on Bars (10 seconds)  
Push Ups (10)

Bridge Hold (30 seconds)

Good Leg Splits

Pike

LISTENS & GOOD ATTITUDE





**Passing Boys Level 1 to Level 2**

**Vault**

Run (Form, speed), Hurdle w/ arm circle, Straight Jump

**High Bar**

Pull over (Light spot), Cast (hollow body) Forward roll to hang, 3 tap swings, Back dismount

**Rings**

3 Tap swings, Inverted hang, Skin the cat

**Pommel**

Straddle swings 3x, Leg cut (both legs forward/back)

**Mushroom**

½ Circle

**Parallel Bars**

Swings 3x, Straddle Travels 2x, Back dismount

**Floor**

Forward roll to stand, Backward roll to stand Handstand (Finish in lunge), Cartwheel, Candlestick

**Strength & Flexibility**

Handstand on wall (10 sec), Hollow body hold (15 sec)

Chin up L-hold (5 sec), Pushups (5), Bridge

Splits (Good leg), Pike



**Passing Boys Level 2 to Level 3**

**Vault**

Good fast run, Hurdle w/ arm circle, Straight Jump, Handstand flatback, Dive roll onto two 8” mats

**High Bar**

Pull Over (No spot), Lay back to undershoot, Swing hops 3x, Back dismount

**Rings**

Chin up, 3 Tap swings, Inverted hang, Pike Skin the cat to dismount

**Pommel**

Straddle swings 3x, Leg Cut (Both legs forward/back)

Straight-arm travel downs, Side dismount

**Mushroom**

½ circle

**Parallel Bars**

Swings 3x, Straight arm straddle travels 2x, Side Dismount

**Floor**

Cartwheel chasse, Cartwheel Step in, Round off rebound,

Handstand (Finish in lunge), Handstand Forward roll Backward roll to stand, Candlestick

**Strength & Flexibility**

Handstand on wall (20 sec), Hollow body hold (15 sec)

Chin ups (5 sec), Pushups (10), Bridge

Splits (Good leg), Pike

