

Gold Coast Gymnastics, Inc.: 1420 Rupp Lane, Lake Worth Beach, Fl. 33460

What class do I place my child in?

Mini-Dragons-walking 1 ½ yr. to 3 years (Parent Assisted)

Our "Mom/ Dad & Me" is a playful gymnastics class centered around age appropriate skills using special tot-sized gymnastics equipment, with a strong emphasis on socialization and group involvement. Beginning gymnastics skills as well as fine and gross loco motor skills will be learned. Themed lesson plans make each week a new and exciting class. This class offers an excellent opportunity for the parent and child to learn new activities together. Limit one parent per child in the class.

Tumble Dragons-3 to 4 years old (Independent)

No parents needed here! Children learn new gymnastics skills each week in our themed lesson plans. Physically challenging skills give children stronger bodies and sharper minds as well as a clear understanding of their bodies' capabilities and limitations. Obstacle courses change weekly. Children learn skills on floor, balance beams, bars and trampoline. New challenges make this class pure FUN

Super Dragons- 4 ¾ -5 year olds (girls & boys)

This unique class is ideal for children who are 4 ¾ or 5 years old or may have just missed the Kindergarten cut off. It is available to girls & boys ages 5 years old. Students will learn skills from both Tumble Dragon and the Developmental Programs. They will work gymnastics skills on all events to prepare them for the next level as well as group/social skills, fine and loco motor skills. We will also be teaching Kindergarten/School readiness. Students must show skill knowledge, skill ability and pass skill evaluation by coach to advance to the Developmental program. This is a Preparation class.

Perfect for VPK -5yr old!

Girls K-3rd & Girls 4th-8th Red-(Beginner), White- (Intermediate) Levels

In our Girls Developmental classes there are 2 levels: Red & White. Skills are taught throughout the Term and will be tested on the final week of the Term. Students will advance once all skills are mastered. Skill star charts are provided for you to chart progress at home. Girls will learn skills on Vault, Bars, Beam, Floor, Dance, Strength and flexibility.

Blue- (Advanced) Level

The Blue classes are by advancement only and are working advanced skills. Gymnasts in this program have advanced through the Red & White skill levels. This is an advanced level and gymnasts are working and learning skill needed for competitive team

Girls 8th -11th (Teen)- Recreational Class

This fun class is perfect for our older gymnasts who may just be beginning the sport! This is a NON TESTING class. Students will work on many different skills from our Developmental program-from Beginner to Intermediate skills. Core, strength, flexibility, endurance and agility skills will be developed.

Boys: School Age-Beginner, Intermediate, Advanced

Boys will develop strong bodies and work on coordination skills needed for tumbling and men's gymnastics events. Core strength, flexibility, Air awareness and fun all rolled into one. Skills will be taught on all Men's Olympic apparatus- Floor, Mushroom/Pommel, Rings, Vault, Parallel Bars and High Bar. will be tested on the final week of the Term. Students will advance once all skills are mastered. Skill star charts are provided for you to chart progress at home.

Ninja Dragons:

This is one FUN class! The students in this group learn how to traverse the gym, improve coordinated and strength. This class encompasses gymnastics tumbling, strength work- through conditioning and circuit drills and coordination skills and drills. Not only will students gain strength, they will gain confidence by mastering the challenges.

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