

# Gold Coast Gymnastics, Inc.

1420 Rupp Lane, Lake Worth, Fl. 33460

561-585-2700 - 561-586-7880-fax

www.gcgym.com

## What class do I place my child in?

### Mini-Dragons- 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 5 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- 5 year olds (girls & boys)

This class is great for children who have missed the Kindergarten age cut off or would like to have a younger class. In this class students will learn the basics from the Girls & Boys Developmental Program and will also work on Perceptual and Loco Motor skills. Students are developing the skills necessary to advance to the Developmental classes. Students will have "Testing" in this class.

#### Girls K-3<sup>rd</sup> Red- (Beginner), White Level-(Intermediate)

#### Girls 4<sup>th</sup>-8<sup>th</sup> Red-(Beginner), White Level-(Intermediate)

In our Girls Developmental classes there are 3 levels: Red, White, Blue. Skills are taught throughout the Term and will be tested on the 8th 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 Blue Level-(Advanced)

The Blue classes are by advancement only and are working advanced skills. Gymnasts in this program have advanced through the Red & White skill levels.

### Boys K-5<sup>th</sup> Gr.

In our Boys Developmental classes skills are taught throughout the Term and will be tested on the 8th week of the Term. Students will advance once all skills are mastered. Skill star charts are provided for you to chart your progress at home. 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

### Competitive Teams

We offer Men & Women competitive teams. Gymnasts interested in advancing to team must master the basics in our Developmental program. Advancement is on an individual basis.

## Competitive Team.....Girls & Boys Minimum age 6yrs old.

### Do YOU have what it takes to be on the Gold Coast Competitive Team? Let's find out!

Our Developmental Program has been designed to allow a gymnast to develop/progress at their pace. Some gymnasts progress faster than others. During classes they are evaluated on many aspects of gymnastics.

Let our Competitive Team coaches evaluate your gymnast's current skills to see if they are ready for team. Gymnasts will show the coaches specific skills on all events as well as strength, flexibility and coordination. Team is by invitation only. Unlike our recreational class program where gymnasts may sign up at any time, we limit the number of girls who can be on team.

Gymnasts advance onto the team programs by several avenues:

- Previously on a team program elsewhere and they are evaluated during one of our team workouts and are placed accordingly.
- Girls are advanced thru our Developmental class program. When ready they are invited to workout with the team.
- **Private Team try outs!** Where interested girls will be tested for physical strength, flexibility “core skill elements”, body positions/alignment, spatial awareness, gross and fine motor movements, balance and landing skills. Pre-registration required with a class fee.

At the conclusion of the private our coaches will discuss and review all results. We may find your gymnast is ready to progress to a higher level or they may need further development prior to advancing. We also will share our results with you and your gymnast.

Please note: Team is considered to be a YEAR ROUND COMMITMENT and summer training practices are very important. Please take the time to discuss whether advancing to our competitive team will be something your gymnast and family can do at this time. We will have a “Fast Track” Evaluation period at a later date. Our Two competition season runs from September-November and January-June. When we are not in “season” we are still training!

If interested, please speak directly to Coach Jill.