



Recreational Class Handbook

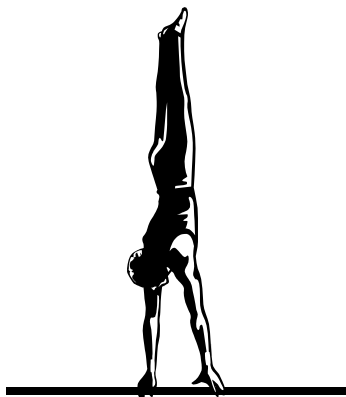
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Welcome to Extreme Gymnastics USA and the exciting sport of gymnastics! This handbook has been prepared to provide you with all the necessary information to assist your child in enjoying their gymnastics experience. Should you have any questions or require further assistance please don't hesitate to contact our friendly Administration Staff at the front office.

Our primary mission at Extreme Gymnastics USA is to help children develop characteristics and attitudes that lead to success, such as, pursuing excellence, determination, perseverance, team work, personal discipline, setting and achieving goals and confidence. Our secondary mission is to help children develop technically sound gymnastics skills, strength, flexibility, grace and the overall knowledge of health and fitness.

Coaches

Extreme provides an excellent coaching staff with a full time team coach and Program Director. Our staff is extensively trained to teach the most basic through the most advanced skills for every gymnast.

While we attempt to give the children consistency in coaching staff, the gym reserves the right to change coaching staff. All coaches are supervised by the Program Director. Their development is monitored through an on-going process of coaching direction and education.

Classes

Baby-Sense Play & Learn

Teacher-led activities support the play that's happening naturally, providing opportunities for children to grow their confidence and skills. Participants will practice physical skills like balance and coordination, while the teacher encourages discovery and exploration. Get silly with your toddler and learn how we can add to their imaginative fun with props, songs, and innovative games. 45 minute class for ages 12-24 months.

Mommy (or Daddy) & Me Dance Fitness

Have fun being fit with your 3-6 year old! Both parent and child participate together in fun coach led fitness and strength building exercises and dance moves. Modeled after the popular Jr. Zumba class. Class duration is 45 minutes.

Parent & Tot

An interactive "learn and play" that allows the parent and their toddler (walking to 3 years) to interact and explore safe ways to help their child in learning basic behavioral fundamentals along with developmental gymnastics skills, motor skills and body awareness. Class duration is 45 minutes.



Twinklers

This class will introduce 3 year olds to basic gymnastics skills using preschool sized gymnastics equipment such as balance beam, incline mats, uneven bars etc. Students will independently follow circuits with coaches example and direction. Trampoline & foam pit will also be used. Boys & girls welcome to this 45 minute class.

Sparklers

This class is designed to introduce preschoolers to the basics of gymnastics using a fun obstacle course that consists of smaller versions of women's gymnastics apparatus including balance beam, vault, bars & floor. Beginning tumbling skills, trampoline and foam pit with climbing rope will be used as well. Ages 4-5 girls, 60 minute class.

Sunbeams

This class is for girls who have completed Sparklers or who are showing strong team potential. Main focus will be proper form and technique for skills necessary to achieve USAG Levels 2-4. Advancing from Sunbeams will progress gymnasts to our competitive team. Girls ages 4-5, 90 minute class.

Firecrackers

Students will work on basic to intermediate gymnastics skills on the men's gymnastics apparatus including parallel bars, high bar, floor, vault, pommel horse, trampoline & tumbling. Age 4-6 boys, 60 minute class.

Girls 1

This class offers an introduction to gymnastics. Students will learn the fundamentals on all Olympic apparatus as well as tumbling, trampoline & foam pit. Focus will be on the 4 events of gymnastics, Vault, Uneven Bars, Balance Beam & Floor. Age 6+ girls, 60 minute class.

Girls 2

When students have mastered the basic skills on all 4 events in Girls 1 they will be advanced to Girls 2. Girls 2 will work on perfecting the basics including form and technique as well as introduce more advanced tumbling skills, increasing beam height etc. Focus will also turn towards building muscle and flexibility. Age 6+ girls, 90 minute class.

Girls 3

This class is for girls who have completed Girls 2 or who are showing strong team potential. Main focus will be proper form and technique for skills necessary to achieve USAG Levels 2-4. Advancing from Girls 3 will progress gymnasts to our competitive team. Ages 6+ girls, 90 minute class.

Shining Stars

This class is for girls 9 years or older who have completed Girls 3 and are interested in joining our competitive team. The main focus will be proper form and technique for skills necessary to compete in the USAG Xcel Bronze division. Advancing from Shining Stars will progress gymnasts to our Xcel competitive team. Class duration is 90 minutes.

Rockets

Students will work on basic to intermediate gymnastics skills on the men's gymnastics apparatus including parallel bars, high bar, floor, vault, pommel horse, trampoline & tumbling. Boys class, age 7+, 90 minute class.



Beginning Tumbling

This class is designed to teach fundamental skills in tumbling including forward and backward rolls, handstands, cartwheels, round-offs, bridge kick-overs, backbends and more! Ages 6+ girls & boys welcome, 60 minute class.

Intermediate Tumbling

Once students have mastered the basics in Beginning Tumbling they will be invited to advance to Intermediate. In this class students will perfect their basic skills and begin working on round off rebounds, front & back walkovers and back handsprings. Ages 6+ boys & girls welcome, 90 minute class.

Advanced Tumbling

Once students have mastered their standing back handspring without a spot they will be invited to Advanced tumbling. This class will begin working on running tumbling including round-off backhand springs and tucks as well as standing tucks and eventually twisting those skills. Ages 6+ boys and girls welcome, 90 minute class.

Drop In Clinics

These clinics are intended for gymnasts or cheerleaders that want extra time in the gym. During the clinic time individuals are able to work on specific tumbling skills with the supervision and direction of a coach. Ages 6-17, boys and girls welcome, 1hr & 15mins time length. \$10 cash per participant.

Cheer 101

This intro to cheer class will focus on jumps, stunts, flexibility, conditioning, motions and, of course, learning cheers! Tumbling is not an element of this class however we strongly encourage all cheer participants to add Beginning Tumbling to their schedule. Cheer Shoes Required. Cheer 101 is for ages 5 & up. Boys & Girls welcome, 60 minute class.

Just Bounce

Trampoline is possibly the hardest best form of fitness and oh so much fun!! This class will be 15 minutes of warm up and flexibility followed by 30 full minutes of trampoline work including bounce technique, learning specific jumps with proper form and progressing into the basics of flipping...from front & back handsprings to tucks. Students will also cover trampoline safety that they can bring home to lessen injuries on your backyard trampoline. Boys and girls ages 6 and up, 45 minute class.

Mini Muscles

This class is structured to build strength and flexibility in young athletes using fun and functional activities. Activities will incorporate gymnastics equipment, rock wall and warped wall. This is a great class for introducing children to fitness as well as supplementing their current class or other sports they are involved in. For boys and girls ages 6 & up, 45 minute class.

Leaps, Jumps & Turns

Jumps, leaps, and turns are just as important as tumbling passes when it comes to the sport of gymnastics or cheer. This class will help each participant achieve the flexibility needed to perfect their jumps and leaps and incorporate specific drills to achieve maximum height and perfect form. Whether you are a cheerleader, gymnast or dancer this would be an exceptional addition to your schedule. Girls ages 6 and up, 45 minute class.

Team Groups (by invite only)

PreTeam

This 2hr, 2x/week class is designed to further challenge 4+ year old students who have mastered a certain core set of skills along with having body awareness/control and mental readiness. Upon acquiring a specific set of skills and mental readiness, students will be invited to the one of our developmental teams.

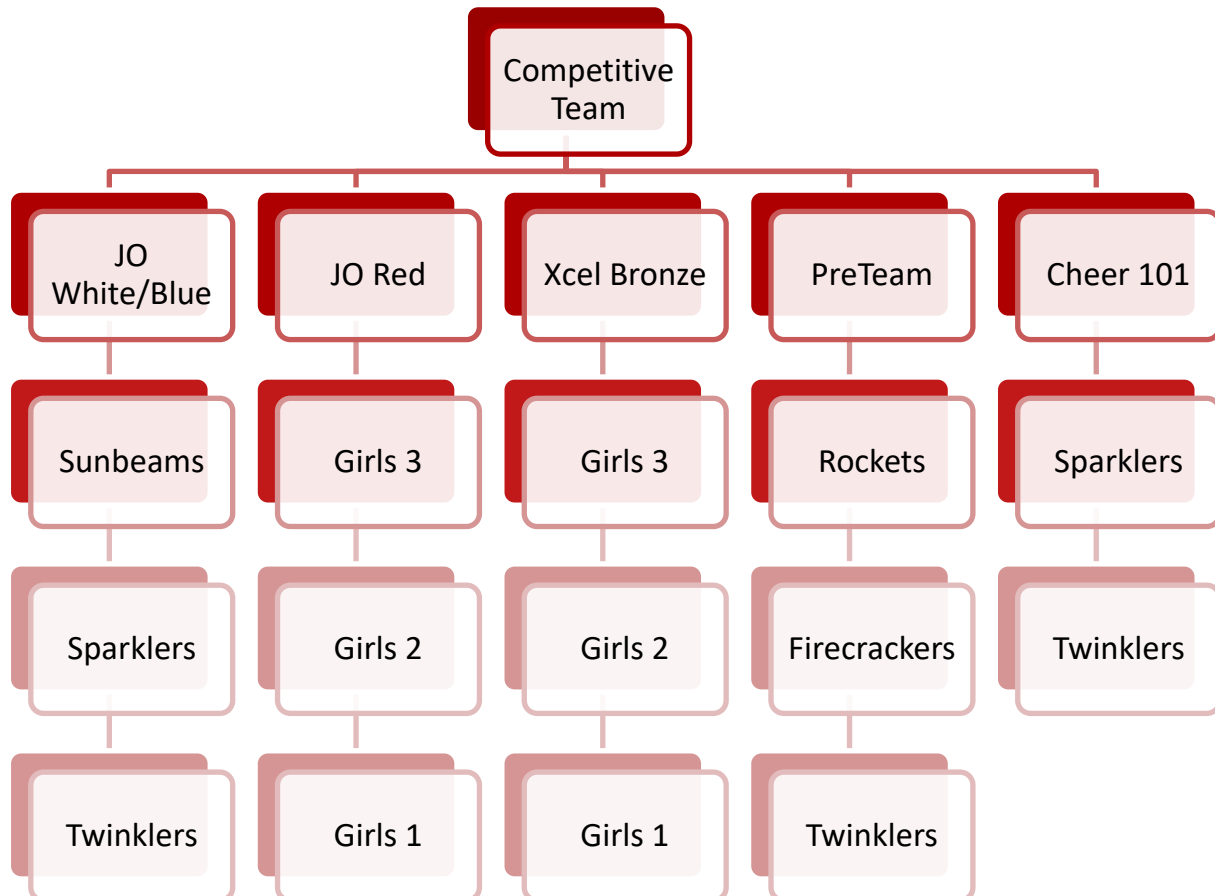
Developmental Teams

Entry into the developmental team program is through coach selection and is designed for gymnasts who show an early love of gymnastics, above average physical potential, lots of energy and an eagerness to learn. These teams require commitment to organized training, emphasis on skill development, physical development and attitude.

JO & Xcel Competitive Team

Team Extreme consists of girls working at Levels 4-10 and Xcel Division Silver, Gold, Platinum & Diamond. These gymnasts are given competitive opportunities through USA Gymnastics and the Women’s Junior Olympic Program or Xcel program. We are currently seeking interested boys to form a USAG competitive boys team.

Recreational to Team Advancement





Registration

Registration is conveniently offered on-line, by phone or at the gym office. Classes are filled on a first come first serve basis and we will provide a waiting list for full classes upon request. Payments can be made by check, cash or credit card (VISA, Mastercard, Discover or American Express). Students must have a parent signed waiver on file to participate. Extreme is also happy to provide Free Trial classes for new enrolling students upon request. All fees are payable at the time of registration.

Memberships

We now offer the option to pay monthly via automatic debit by registering for one of our 3 memberships. If any gymnast is advanced during the school year, or needs to move to a different class a new membership will be in place. The day you sign up will be your automatic payment date every month. You have the option of suspending your membership, which requires a written notice sent to our email and that will hold your account for up to 3 months for \$10/month instead of your normal monthly. There is also termination, that is completely getting rid of your membership, it requires a 30 day written notice to our email and normal payment is still due within those 30 days. Please see contract for complete details.

- **Starter Membership**

Our starter membership comes with 4 classes to use a month. The enrollment fee to get onto this membership is \$35 and that is a one-time fee you pay as long as you stay a member. The monthly payments for the memberships go by what class length your child is in. 45 minute classes are \$65/month, 60 minute classes are \$75/month and 90 minute classes are \$90/month.

- **Essential Membership**

Our essential membership includes 8 classes to use a month. The enrollment fee to get on this membership is \$31.50. The monthly payment varies on what time length class your child is in. 45 minute classes are \$100/month, 60 minute classes are \$125/month, and our 90 minute classes are \$150/month.

- **Ultimate Membership**

If you decide to go with our ultimate membership, you get unlimited classes to use per month! You can attend any class that is within the time length you pay for. There is no enrollment fee for this membership and your monthly payment depends on the class length your child is in. 45 minute classes are \$175/month, 60 minute classes are \$225/month and 90 minute classes are \$275/month.

Class Passes

The other option of payment is our Class Passes. You can purchase class passes in the form of 4 classes or 8 classes. The 4 class pass has an expiration of 1 month after purchase, whereas the 8 class pass has an expiration of 2 months after purchase. Since this is the non-recurring form of payment, there is no enrollment fee, and after you use up your classes, you simply purchase more! Prices vary depending on class length and amount of classes.



Class Structure

Classes consist of a complete warm up, followed by equipment rotations which vary slightly from class to class depending on the length of the program and from week to week to insure that all apparatus is covered. The class lesson plan may also include warm-down activities or strength building exercises. All gymnasts are given the opportunity to develop and progress at their own level.

Recitals

Every year Extreme hosts two recitals, one in the winter and one at the end of spring, where every gymnast will showcase their talents and be rewarded for all their hard work. All students are welcome to participate. The students will learn routines on all apparatus' and get to perform for their parents, friends and family. Included in the cost of the performance students will receive a performance uniform, medal and certificate.

Gym Policies

- Gymnasts may wear leotards, shorts & shirt, or gym pants and shirt. NO very large shirts, clothing with zippers, buckles or buttons.
- Long hair should be tied back.
- Gymnasts should not wear jewelry during class.
- No children permitted on any equipment, including trampolines, unless accompanied by a coach.
- Gymnasts must remain in the viewing area (behind cubbies) until their class is called.
- Parents are asked not to walk out onto the gym floor. If a student needs help finding a class, etc. please see office for assistance.
- Siblings in the viewing area must be supervised at all times
- If your child is disruptive to the class, they may be asked to sit out for a short period of time. If the problem persists, the coach will speak to the parents to determine an appropriate solution.
- For your child's safety please be sure to walk your gymnast both into, and out of, the building when dropping off or picking up. Children are not permitted to leave the building unattended.
- Our pro-shop offers gymnastic apparel, supplies and gift items and will be open during all regularly scheduled classes. The shop accepts, cash, checks or credit card payments.

Additional Offerings

Extreme Gymnastics is pleased to offer birthday parties, field trip, private lessons, drop-in tumbling clinics and parent night out open gym. Please feel free to check our website or stop in the office for information on any of these additional programs.

TUMBLING

FLIPPED OUT FRIDAYS!

BARS!



BEAMS

FRIENDS!

INGROUND TRAMPOLINES!

Games & Movies!

FRIDAY NIGHTS

A slice of pizza & pop for \$2

8:00 – 10:00 pm

\$10 per person

Sept – Mid-June

FOR BOYS & GIRLS

FOAM PIT

Plenty of staff to help you and provide a safe place to learn and have fun!

Open Gym Style

Friends and family get together to have fun and practice on gymnastics skills in a supervised safe environment.

Children under 6 must have an adult companion