



GIRLS GYMNASTICS

The **Girls Gymnastics** classes at High Altitude are broken down into 5 levels and are designed to allow each student to progress at her own unique pace. Once they are comfortable and successful at their current level, each gymnast is encouraged to advance to the next level. As they learn to face the Olympic Style equipment such as the Floor, Beam, Vault and Bars, they will also learn how to overcome difficult challenges the right way. In a supportive and comforting environment, your athlete will learn to have fun making goals and accomplishing difficult challenges.

Girls Gym 1 (ages 5-6 & 7+) This class is perfect for those who are wanting to start their first ever gymnastics class. It is designed to help each gymnast to increase her flexibility and strength in the most fun way possible. They will begin to learn the basic techniques and skills of gymnastics such as: handstands, cartwheels, bridges and kick-overs. As well, they will start to learn how to put skills together to form a gymnastics routine.

Girls Gym 2 (ages 5+) The gymnast will master the basic skills in this class and continue to add many more skills to their list to prepare for the next set of routines. Handstand and cartwheels are continuously taught. Uneven Bars will become a larger part during this class to help improve strength and spatial awareness.

Girls Gym 3 (ages 5+) Now a more seasoned gymnast, each athlete will continue to add skills to their bag of tricks. The athlete will be ready to tackle more advanced movements on each of the four Women's events due to their solid foundation built from our earlier levels. They will begin to work skill like back handsprings and walkovers. The beam is a large focus to these classes to help improve body control and balance.

Girls Gym 4 & 5(ages 5+) These athletes are true veterans, and have a solid foundation of gymnastics. Handstands and cartwheels are still practiced, but are nearly effortless for these gymnasts. They begin to work on connecting multiple skills together, all while continuing to reinforce our good habits we have worked so hard to learn. Their skill proficiency will continue to grow on all four events as well as their strength and flexibility.