

# Girls Gymnastics Classes

## WHAT IS GYMNASTICS?



The definition of gymnastics is exercises for developing or displaying physical agility and coordination. The modern sport of gymnastics typically involves exercises on uneven bars, balance beam, floor, and vault for women. Gymnastics can be a competitive sport in which individuals perform optional and prescribed acrobatic feats mostly on special apparatus in order to demonstrate strength, balance, and body control, as well as non-competitive gymnastics to develop these skills.

## OUR GIRLS GYMNASTICS CLASSES

Our classes will challenge your child on all of the Olympic events including the Floor Exercise, Balance Beam, Bars, Vault as well as increasing their strength and flexibility.

## LEVELS OF CLASSES

Beginner 1

Beginner 2

Intermediate

Pre-Team \*Invitation Only\*

Competitive Teams \*Invitation Only\*

## BEGINNER CLASSES

55 minute class

Ages: 5 & 6 years

Ages: 7 - 13 years

Your child will learn basic gymnastics skills on all the Olympic apparatus and begin working on strength and flexibility. Your child will learn by progression which means they will start with a basic skill and build in difficulty as they progress.

## BEGINNER 2 CLASSES

55 minute class

This class is for students who have met all skill requirements in Beginner 1 and begin even more advanced skills on all events.



## INTERMEDIATE CLASSES

55 minute class

This class is for students who have met all skill requirements in Beginner 2 and begin even more advanced skills on all events.

## Registration

Victory Sports Center requires a yearly \$24.00 family registration fee once a student enrolls in our classes. Your child's spot is held until a "Taking A Break Notice" is given. To ensure your first choice of class times, we suggest that all student's enroll as early as possible. At Victory Sports Center we want learning gymnastics to be **FUN** for your child. That's why we have the best instructors in this area. All our instructors have several years experience in teaching and/or participating in our great sport. Many of our instructors are Physical Education or Early Childhood Education majors. All of our staff love kids!!

### Victory Sports Center

**"But thanks be to God! He gives us the VICTORY through our Lord Jesus Christ"**

Class Type	MONTHLY once per/ wk
55 min classes	\$85.00

\*10% off total family enrollment if registered for two of the same or two different classes

\*15% off total family enrollment if registered for three or more of the same or different classes

**FREE TRIAL CLASS**

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## **Victory Gymnastics Competitive Teams**

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### **Girls and Boys Gymnastics Team**

Our girls & boys competitive teams are coached by dedicated and knowledgeable staff coaches, that bring together over 40 years of experience in the sport of gymnastics. The Women's and Men's competitive teams programs used are the USA Junior Olympic program.

All of our teams travel our state and the Southern states competing proudly for their sport and gym.

Victory Gymnastics is proud of all our gymnasts. In the past years Victory Gymnastics has had many state champions, Regional Qualifiers, and Collegiate gymnasts.



## **GIRLS GYMNASTICS**



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