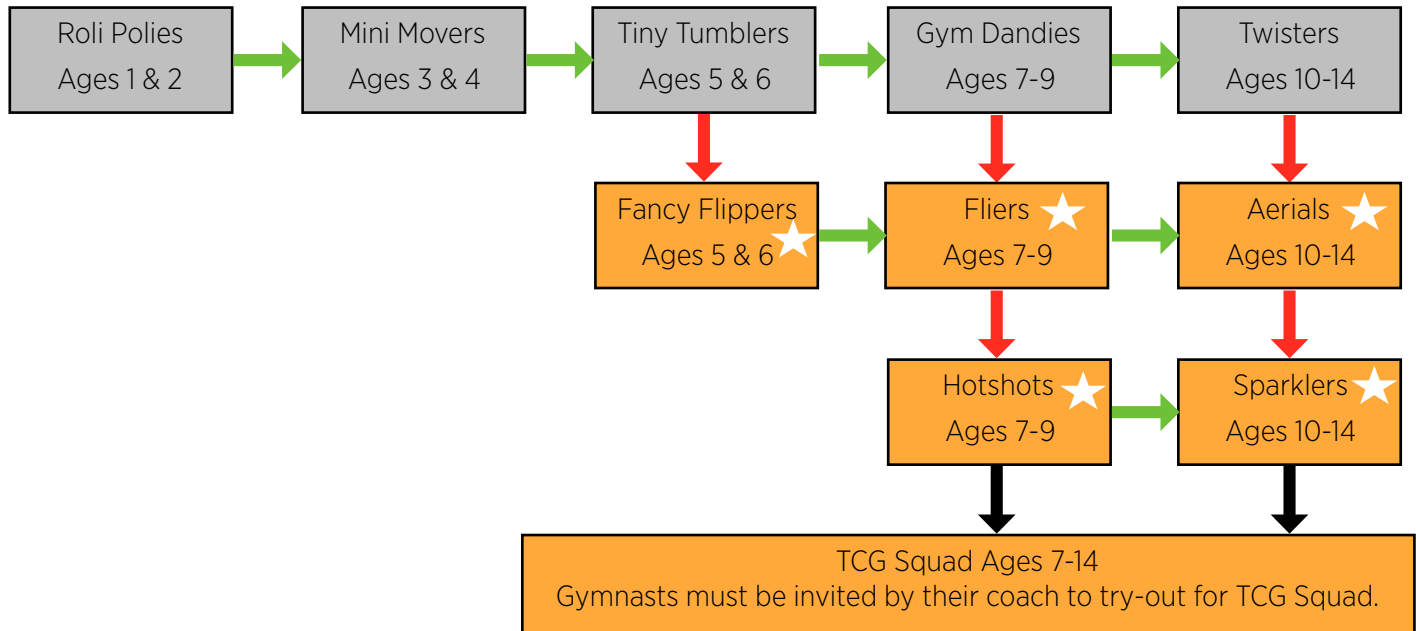




GYMNASTICS CLASSES

The Children's Gym offers non-competitive gymnastics classes separated by age and skill level. The below chart depicts how students move between classes. You can see that if your child's age is the determining factor in their need to change classes, nothing is required to move to the same level class for the next age bracket. However, if you and/or your child's coach feel that your child is ready to advance based on skill level, an assessment is required in order to advance. Assessments are run by our program directors and senior coaches and ensure that our students advance between levels in a way that is most beneficial to their continuing progress. Gymnastics is an individual sport and at TCG we believe that children need to be allowed to achieve at a pace that is comfortable for them. No two students will progress at the same rate, even if they experience the exact same training. We believe it is important to encourage children to focus on themselves, give their all, and be proud of their own accomplishments.



Color and Symbol Key

	Grey indicates that the class is appropriate for students brand new to The Children's Gym.
	Orange indicates that the class is not appropriate for students brand new to The Children's Gym.
★	A star indicates that the class may be combined with an adjacent level or age bracket depending on enrollment. Example, two Fliers students could be combined with three Aerials students.
→	A green arrow indicates that your child can advance without an assessment once they have reached the appropriate age for the indicated class.
→	A red arrow indicates that your child must pass an assessment in order to advance to the indicated class. Assessments are scheduled throughout the season. Visit our website for details.
→	A black arrow indicates that your child must be recommended by their coach in order to advance to the indicated class. Enrollment requires a season commitment and a team contract.

About Our Classes: All of our gymnastics classes are non-competitive. Our Recreational Program classes are designed to accommodate families' busy schedules. You can sign your child up for a class at any time throughout the season, they can stop taking classes at any time, and your child can switch classes as many times as you like. Since that flexibility means that the students in your child's class may change constantly, your child's coach will focus on them as an individual.

About Assessments: Assessments are how The Children's Gym evaluates gymnasts to see if they are ready to move to the next level class. Assessments are held on the 1st Saturday of every month from 1-2 pm and the 4th Friday of every month from 6:40-7:40 pm. A private lesson can also be used as an assessment.