



ORMOND BEACH GYMNASTICS & CHEER CENTER



Head Coach, Gymnastics Coordinator
George Postell
(386) 676-3282

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GENERAL INFORMATION & CLASS DESCRIPTIONS

Please use the door on the east side of the building, directly across from playground.

Upon arrival at gymnastics center, parent is required to sign their child in; child will place shoes, socks, etc. in their cubby area, pick out a mat and sit on it until class begins. At the end of the class parent will need to sign their child out, if parent will not be picking up child after class, parent must provide written notice advising Coach George exactly who will be picking up their child.

DEVELOPMENTAL PROGRAMS . . .

Mommy & Me – (Boys & Girls, ages 18 mos. thru 2 years) Class meets once a week for one hour; participants attend two-month sessions. Class will introduce children to basic gymnastic skills in a safe, fun environment. Mommy will be assisting toddler with stretching and basic coordination skills. The class is offered on Wednesdays **OR** Thursdays from 10:30 - 11:30 a.m. **Class attire:** cotton t-shirt and shorts, leotards for girls are optional.

Tumbling Tots - (Boys & Girls, age 3) Class meets once a week for one hour; participants attend two-month sessions. This class is a scaled down version of our pre-school gymnastics program and is designed to be fun-filled and educational for younger children. The purpose of this class is to teach basic coordination, utilizing a variety of skills and movements, while in a social atmosphere. Once these skills have been attained, the students are encouraged to progress to more complex skills. This class is available on Tuesdays **OR** Wednesdays from 1:30 - 2:30 p.m. **Please note:** An additional day may be added if both classes fill. This is a great way for children to learn, exercise and have fun interacting with other children of the same age group. Please note: children must be fully potty trained to participate in program.

Preschool 2 Days per week - (Boys & Girls, age 4) Class meets twice a week for one hour; participants attend two-month sessions. This class is a scaled down version of our developmental gymnastics program and is designed to teach basic coordination, motor skills, flexibility, body awareness and helps develop strength. Classes are offered on Monday and Wednesday **OR** Tuesday and Thursday. Classes are held from 2:30 - 3:30 p.m. This is a great way for children to learn, exercise and have fun interacting with other children of the same age group.

****Please note:** children must be fully potty trained to participate in the program.

Developmental Program - (Girls only, ages 5 thru 9) Class meets twice a week for one hour; participants attend two-month sessions. These classes introduce the novice female gymnast to gymnastics. The classes teach beginning skills, terminology, help develop strength, body awareness and self-esteem. Students must master required skills before advancing to the levels program. There are two classes offered: Monday & Wednesday **OR** Tuesday & Thursday. Both classes are held from 3:30 - 4:30 p.m.

Levels 1, 2 & 3 - (Girls only) These classes are skill tested, progressive levels designed by the United States Gymnastics Association. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level.

Level 1 – Monday & Wednesday **OR** Tuesdays & Thursdays from 4:30 - 5:30 p.m.

Level 2 - Tuesdays & Thursdays from 4:30 - 6:00 p.m.

Level 3 - Tuesdays & Thursdays from 4:30 - 6:00 p.m.

RECREATIONAL PROGRAMS . . .

Boys 1- (5 & Up) Classes meet once a week for one hour and participants attend two-month sessions. Classes are designed to teach the basic of men's gymnastics and develop strength and flexibility. The Boys 1 class is offered on Fridays from 4:30 - 5:30 p.m. **OR** Mondays from 4:30 - 5:30 pm.

Special Populations Gymnastics – (Boys & Girls, ages 5 – 18 years of age) Classes meet once a week for one hour. This class is individually tailored to the special needs student, enabling them to increase gross motor skills, postural control, balance, coordination, strength, flexibility, confidence and self-esteem.. Classes are offered Fridays from 3:30 – 4:30 pm.

Friday Recreational Gymnastics - (Girls only, 5 - 9) This class meets once a week for one and one-half hours and participants attend two-month sessions. This class is designed for the female gymnast that is interested in gymnastics as a fun and recreational activity with the option to move into our levels program. This class enables gymnasts to develop the skills without the pressure of competition. The class is offered on Fridays from 4:30 - 6:00 p.m.

Teen Gymnastics - (Girls only, ages 10 & Up) Class meets once a week for one and one-half hours and participants attend two-month sessions. This class is designed for the gymnast that is interested in gymnastics as a fun, recreational activity with the option to move into our levels program. It enables the child to develop the skills, which are of interest to her, without the pressure of competition. The class is offered on Fridays from 4:30 - 6:00 p.m.

Power Tumbling - (*Girls & Boys, ages 8 & Up*) Classes meet once a week for one hour and participants attend two-month sessions. These classes are designed to teach beginners through advanced, progressive and specific tumbling skills and techniques. Offered, but not limited, to current and aspiring cheerleaders, in order to attain and improve tumbling skills. Classes for ages 8 & up are offered on Monday from 5:30 – 6:30 p.m. **Class attire:** cheer or running shoes, cotton shorts & t-shirt (NO half shirts or spaghetti straps). No jewelry. Hair must be up, in a pony tail or braided (*NO hair beads allowed.*)

Open Gym Gymnastics – (*Coed, ages 8 – 21 years of age*) This open gym format is designed for children and adults to brush up on gymnastics skills. There will only be LIGHT SPOTTING available during this time and coaches will be on the floor. Each participant MUST have a signed waiver. Parents must sign the waiver for anyone under 18 years old. Classes are offered on the certain Friday evenings from 6:00 – 8:00 pm. Cost is \$5.00 for each day. Please contact our Leisure Services for dates at (386)676-3250.

CHEER PROGRAM....

Cheer & Tumbling Class – (*Girls & Boys, 8 & up*) Class meets for one and a half hours twice a week and participants attend two-month sessions. The class teaches basic cheer skills to novice/beginners. Participants will learn tumbling, stunting and cheerleading formations. Students will build strength through conditioning and gain all-around self-confidence while working as a team. Participants are not required to compete. Class attire: cheer or running shoes, cotton shorts & t-shirt (NO half shirts or spaghetti straps). No jewelry. Hair must be up, in a pony tail or braided (NO hair beads allowed). Classes are offered Monday and Wednesdays from 5:30 – 7:00 pm.

Special Populations Cheer Class – (*Boys & Girls, ages 5 – 18 years of age*) Classes meet once a week for one hour. This class is designed to develop confidence and build self-esteem while learning in a fun and safe environment. The coaches have been certified through the Special Olympics of Florida and they will focus on skills including balance, coordination, strength and flexibility. Classes are offered Wednesdays from 4:00 – 5:00 pm.

ADULT PROGRAM . . .

Adult Gymnastics – (*Men and Women, ages 18 and older*) This class is designed for aspiring adult gymnasts to increase strength, balance, and flexibility in order to feel young, limber and in great shape. Class meets twice a week for one hour, offered on Monday & Wednesdays from 6:30–7:30 pm.

COMPETITIVE PROGRAMS . . .

Level 4 – (*Girls only*) these classes are skill tested, progressive levels designed by the United States Gymnastics Association. The class meets twice a week for two hours; participants attend two-month sessions. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level. Classes are offered Tuesdays & Thursdays 4:00 – 6:00 p.m.

Level 5 – (*Girls only*) these classes are skill tested, progressive levels designed by the United States Gymnastics Association. The class meets two times a week for two hours; participants attend two-month sessions. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level. Classes are offered Tuesdays, Thursdays and Fridays 4:00 – 6:00 p.m.

Level 6 – (*Girls only*) these classes are skill tested, progressive levels designed by the United States Gymnastics Association. The class meets two times a week for two hours; participants attend two-month sessions. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level. Classes are offered Tuesdays, Thursdays and Fridays 4:00 – 6:00 p.m.

Level 7 – (*Girls only*) these classes are skill tested, progressive levels designed by the United States Gymnastics Association. The class meets two times a week for two hours; participants attend two-month sessions. The levels are designed to safely teach gymnasts progressive skill order. Each level has required skills the gymnast must master. Passing a skills test, which is administered and judged by a certified skill evaluator, is required before advancing to the next progressive level. Classes are offered Tuesdays, Thursdays and Fridays 4:00 – 6:00 p.m.

CLASS ATTIRE FOR GYMNASTICS CLASSES: (*For all classes except, Power Tumbling & Cheer, see above.*)

Girls: Leotards, no socks, shoes or jewelry (*studs are allowed*). Long hair must be tied back, no hair beads.

Boys: Cotton shorts and athletic shirt, no socks, shoes or jewelry (*studs are allowed*). Long hair must be tied back.

PLEASE NOTE: Gum and candy are NOT allowed in the Gymnastics Center.