



Girls Level 1 Gymnastics

Let us start by welcoming you and your family to Azarian Gymnastics! We would like to take a minute of your time, as you begin your adventure with us, to have you read over the class description that we have set for your child. Please know we put a lot of passion into developing programs that will not only challenge your child's physical abilities, but will also enhance their self-esteem and give them a wonderful activity to look forward to. Each class has specific core skills that are the emphasis of that particular level. They must successfully master all skills located on their checklist to advance to the next level. Every child advances and learns at their own pace. It is very common for children to stay in the same class for a few months, all the way up to a year, or even beyond.

We pride ourselves on teaching gymnastics technically correct in a safe environment; therefore children will not progress to a new skill until they are ready. Please feel free to talk to your child's coach if you have any questions. We strongly encourage communication between coaches and parents. Sometimes, between classes, it might be busy and there may not be an opportunity to approach your child's coach. Therefore, you may stop by the front office at any point and leave a message for your child's coach or for Erika, the program director. Once again, we would like to welcome you and thank you for giving us the opportunity to work with your child. This is something that each member of our staff does not take lightly.

Level 1

(Coaches make the final decision on moving up based on skill accomplishment, attitude, good work ethic and confidence.)

Level 1 is an introduction to gymnastics. This level focuses on basic shapes, coordination, agility, and basic flexibility. Level 1 has an emphasis on mastering basic gymnastics terminology and beginning level skills. Gymnastics safety is an intricate part of our entire program and is especially highlighted with our beginner gymnasts in this level. Due to this, gymnasts will learn how to use the equipment appropriately, how to fall safely and how to maneuver through the gym. Upon completion of Level 1 the gymnast should have an understanding of basic gymnastics terminology, be able to perform basic gymnastics skills as well as have a basic concept of gymnastics. Level 1 gymnasts are required to attend class at least once per week, however gymnasts are welcome to attend as many classes per week that they desire as progression has a direct correlation to the amount of time in the gym spent working on the equipment and skills.

Students beginning in Level 1 should expect to have an hour filled with fun and fitness! All classes start together with a 15 minutes stretch to warm and wake up the muscles. Our warm ups include cardio exercises as well as static and active flexibility. A proper warm up is vital for safety and therefore students who miss the warm up will be asked to stretch individually next to their coach upon arrival.

After the warm up has concluded gymnasts will break up into their individual classes. Level 1 gymnasts will work on three events per class following our set 2 week rotation schedule. This rotation schedule allows for all Level 1 classes to work on the same apparatus throughout the week and also regulates that each class is getting to all the events.

Equipment Used In Level 1 Girls:

- Girls: Vault training table, single rail bars at different heights, floor beams, low beams and floor exercise.
- Spring boards
- Safety and teaching mats
- Trampoline
- Tumbl-Trak
- Loose Foam Pit

The skills listed in the Level 1 myskillchart.com are the main focus of the class, however specific drill and progressions will continuously be perfected and used to obtain these goals, but are not listed. Improvements in strength and flexibility are also essential to progress.