



Community Youth Center Gymnastics Program Ages 3 – 18

A. GENERAL INTRODUCTION:

- i. The CYC Gymnastics is an introductory level program emphasizing the basic fundamentals of gymnastics. There are currently two programs for Gymnastics. We have our Dyno Kids program for those 3 - 6 years or age and our basic gymnastics for those 6 to 17. The CYC classes have main learning components: proper warm up, which includes stretching, skills, and tumbling.
- ii. At the CYC our goal is to develop young individuals to grow in athletics, academics, and life. We recommend that our athletes take advantage of The CYC Academic Excellence (AE) program. This program is designed to augment our members' current studies. Our instructors are on site Monday through Friday from 3:00 p.m. to 7:30 p.m. and will assist students with their educational needs.

B. PRACTICES:

- i. **TIMES:** Classes are held weekly in the on the wrestling mat located in Building #2 (2241 Galaxy Ct). Please see the CYC Class Schedule for class times, days and ages. We ask that you have your son/daughter here on time for class; it is very disruptive to the class when students walk in late. Your son/daughter **will not be able to participate in class if they arrive more than 15 minutes late.** If you know that your student will be late or absent from class, a parent or the student needs to call the CYC and leave a message for Head Coach Mike that they will be absent. **If a student has more than 2 unexcused absences in a month they will automatically be dropped from class. Because of the structure of our program, there are no make-up classes.**
- ii. **RULES:** We expect all of our students to follow these rules and procedures in order to maintain a safe and fun learning environment:
 - *EYES* watching
 - *EARS* listening
 - *MOUTH* quiet
 - *HANDS* to yourself
 - *RESPECT* others
 - *DEMONSTRATE* good sportsmanship
 - *USE* equipment correctly

Any student that has problems following the above rules and procedures will be subject to discipline, including:

- WARNINGS
- TIME OUTS
- POSSIBLE DISMISSAL FROM THE CLASS

1. Students should realize that the Gymnastics area is no different from a school classroom; they should treat their teachers and fellow students with the same respect that would be expected of them at school.

iii. **WHAT TO WEAR AT PRACTICES:** Street clothes are not appropriate for gymnastic classes.

Girls: One-piece leotard and tights without feet only. No two-piece leotards, shirts or shorts, for they get in the way when spotting and cause a safety hazard. No zippers, snaps or buttons. Bare feet. Hair should be pulled back off child's shoulders and away from her face. No jewelry.

Boys: Shirt and shorts are required. Shirt should be tucked in and not loose fitting. No zippers, snaps or buttons. Bare feet. Hair should be pulled back off child's shoulders and away from face. No jewelry.

iv. **SPECTATORS:** Spectators (parents, guardians, babysitters, etc.) are to remain outside of the Gymnastics area and in the bleachers.

v. **CLASS PROMOTION:** Promotion for the Dyno classes (ages 3 to 5) is through marking off skills on the skill chart cards. In the Basic Gymnastic Classes (ages 6 to 17) the gymnasts are moved at the coaches' discretion. For both programs the coach takes into consideration maturity, class participation, understanding of the gymnastic terminology, and performance.

C. TOURNAMENTS/COMPETITIONS:

- i. There are currently no competitions for the CYC Gymnastic Program.

D. AGE/CLASSES/CURRICULUM

DYNO-KIDS

As soon as the gymnast turns three and is ready, he or she can move into the regular 3-Year-Old Dyno-Kid classes. These classes have three different levels, we call this our "Dyno-Saurus Achievement Program" Each of these Dyno levels are broken down into 4 sub levels they are **Novice**, **Beginner**, **Intermediate** and **Advanced**. Each of these levels has 7 skills possible. When the gymnast earns 5 of the 7 skills they may move to the next level with the coaches' discretion. When all four sub levels are passed they gymnasts will move to the next Dino level.

The levels are:

1 Circle-Saurus Novice	5 Square-A– Dactyl Novice
2 Circle-Saurus Beginner	6 Square-A– Dactyl Beginner
3 Circle-Saurus Intermediate	7 Square-A– Dactyl Intermediate
4 Circle-Saurus Advanced	8 Square-A– Dactyl Advanced

9 Triangle-Saurus Rex Novice
10 Triangle-Saurus Rex Beginner
11 Triangle-Saurus Rex Intermediate
12 Triangle-Saurus Rex Advanced

Basic Gymnastics (Beginning and Intermediate)

For children 6 to 17 we offer our Basic Gymnastic Classes. This class is a beginning introduction to gymnastics but for a little older age. Forward rolls, backwards rolls, cartwheels and handstands will be the main part of this class on floor. They will also have some time each week to use other equipment like trampoline and balance beam. In these classes a variety of gymnastic skills are taught. Our Basic Gymnastics program is in its infancy, and we are working to make it stronger, but at this time most of the skills taught are for the floor and tumbling. We have weekly themes that involve the gymnast to make the classes more fun and exciting.