Gymnastics Syllabus

Fall Session 1 & 2, 2018

# Instructor Information

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| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Michael Gray** | graytnessm@gmail.com | Niles-Buchanan YMCA Gymnasium, |

# General Information

## Description

The Niles-Buchanan YMCA offers gymnastics classes for youth, 18 months old- 10 years old. We offer 4 different classes from Parent/Toddler class to Gold Gymnast class. Gymnastics teaches strength, flexibility and stamina as well as skills for life, such as persistence, independent, focus and self-discipline. All classes are taught in a fun, safe environment using progressive skill instruction on gymnastics equipment. Every class emphasizes balance, strength, coordination along with positive encouragement from our Y teaching staff. Not only do we teach your child the fundamentals of gymnastics, we also focus on the YMCA’s character development traits of Caring, Honesty, Respect and Responsibility.

Parent/Toddler – Designed to provide parents the opportunity to be involved and engaged in their child’s motor development with access to floor, beam, bars and vault.

Bronze Gymnasts - Beginner level class for the child ready to learn the fundamentals of gymnastics while learning safety, coordination, and balance on floor, beam, bars and vault. Who: 3 – 8 year olds with little to no gymnastics experience

Silver Gymnasts - Intermediary level class that targets age-appropriate strength development enhancing skill levels on floor, beam, bars and vault. Who: Gymnasts who have mastered basic skills such as cartwheel, handstand and bridge.

Gold Gymnasts - Our most advanced gymnastics stunt class designed for the gymnast who is looking to advance their skills and talents to an elite level. Who: Gymnasts who have mastered intermediate skills such as round-off, walkover and handspring.

## Expectations and Goals: Pass/Fail

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Clothing that allows the student to move freely with no restrictions.

## Optional Materials (provided by student/family)

Leotard

# Course Schedule

| Week | Topic |  |  |
| --- | --- | --- | --- |
| 1 | Introduction/class expectations, Safety policies and procedures, Introduction to equipment |  |  |
| 2-13 | Weekly topics vary depending on individual progress and skill development. |  |  |

# End of Semester: Finished Work

* Evidence of Learning : class/parent/public performance
  + The student’s goal is to show progress and improvement throughout the course of the semester. They will demonstrate this through their performances each class.