

The Club for Gymnastics

Syllabus

Classes offered: Recreational Gymnastics/Physical Education Instruction

Ages: 5-10 girls (beginner class) Ages: 11-18 girls (advanced please contact us first before registering for advanced classes, testing will be required)

All classes are IN PERSON.

Mondays OR Wednesdays 5:30-6:15
Saturdays at 9:00-9:45 OR 10:00-10:45

Classes run Labor Day (Sept 13) to Memorial Day (May 25)

Location: 2125 Industrial Pkwy, Elkhart IN 46516

Instructor: Kathy Krauter Contact info: To register, message us on Facebook at The Club for Gymnastics Email: KKrauter@aol.com

Coach Kathy Krauter is the owner and head coach of the gym. With over 30 years of coaching experience, she has produced several state, regional and national champions on her competitive teams. She is USAG and AAU certified.

Course Description: the beginning recreational gymnastics class is designed to help young girls to develop physical fitness in balance, strength, plyometrics, flexibility, body control and instill confidence that results in a heightened self-esteem. The advanced class is for students with a strong background and prior experience in gymnastics who can demonstrate a solid foundation of skills. They will be required to develop their skills to achieve an advanced understanding and execution of form, strength, speed, agility, flexibility, plyometrics and composition.

Outline—every class day consists of flexibility, plyometrics, strength, form, body control and composition on apparatuses. Each student progresses at their own pace.

End of semester evaluations are based on age appropriate skill level, effort and attendance. Attendance is of the utmost importance in this program. Less than 85% attendance will negatively affect end of semester assessments.

All students are required to have a signed liability and Covid waiver on file by parents prior to any participation in The Club's programs. Forms can be signed on first day of class. Appropriate gym attire is required. No loose fitting clothing or jewelry of any kind is permitted. No gum or food allowed in the gym. Hair must be securely tied back and off the face at all times. Please refer to our facebook page for cancellations due to weather or for any other reason.

Due to the nature of the class and working on gym equipment, any inappropriate or unruly behavior will result in immediate termination from the program.