

Class Name: Beginner 1 Girls (Ages 6 & up)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December of 2015. All our instructors are USAG certified and have completed safety certification.

Our Mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

Course Description: (Ages 6 and up) The primary objective of the Beginner 1 Class is to provide your child with a strong foundation that they will be able to build upon in future levels. This class has specific goals and these are designed for each child's skill level both physically and mentally. This class helps develop coordination, balance, flexibility, strength, self-confidence and discipline which helps provide a strong foundation for all sports.

Course Outline:

Week 1 – Lesson plan includes Bars & Beam (Begins September 5th)

Week 2 - Lesson plan includes Floor & Vault

Week 3 - Lesson plan includes Bars & Beam

Week 4 - Lesson plan includes Floor & Vault

Week 5 - Lesson plan includes Bars & Beam

Week 6 - Lesson plan includes Floor & Vault

Week 7 - Lesson plan includes Bars & Beam

Week 8 - Lesson plan includes Floor & Vault

Week 9 - Lesson plan includes Bars & Beam

Week 10 - Lesson plan includes Floor & Vault

Week 11 - Lesson plan includes Bars & Beam

Week 12 - Lesson plan includes Floor & Vault – Gym Closed Thursday – Saturday - Thanksgiving week

Week 13 - Lesson plan includes Bars & Beam

Week 14 - Lesson plan includes Floor & Vault

Week 15 - Lesson plan includes Bars & Beam

Week 16 - Lesson plan includes Floor & Vault

Week 17 Christmas – Gym Closed

Week 18 New Years – Gym Closed

Week 19 - Lesson plan includes Bars & Beam

Week 20 - Lesson plan includes Floor & Vault

Week 21 - Lesson plan include Bars & Beam

Virtual Links (if any): www.pimgymnastics.com