

Berrien Springs Partnership Syllabus

Infinite Gymnastics

Monday, Tuesday, and Wednesday

3:45pm-4:40pm

Or

4:50pm-5:45pm

BASIC CLASS/LOCATION DETAILS

HOW DOES IT WORK?

When registering for gymnastics classes with us through the Berrien Springs Partnership, you must register for either 2 days a week or 3 days a week. In order to fulfill the partnerships requirements, you must attend 80% of the classes you register for; 20 classes for the 2 day/wk option and 29 classes for the 3 day/wk option. During registration, you will be able to select which days and times you plan on having your child attend.

GRADE OR AGE LEVELS: Ages 5-18

# Classes (REQUIRED) 2 days/wk:	20 classes (80%)	# HOURS (POSSIBLE):	24 classes
# Classes (REQUIRED) 3 days/wk:	29 classes (80%)	# HOURS (POSSIBLE):	36 classes

DATES: September 11th - December 7th, 2023

Closed for Holiday (No Classes) for the following dates

- Monday, September 4th (Labor Day)
- Mon & Tues, October 9-10 (University Fall Break)
- Wednesday - Sunday, November 22 - 26 (University Thanksgiving Break)

LOCATION/ADDRESS:

Gym: Beaty Gym

8522 East Campus Circle Dr. Berrien Springs MI 49104.

Once you arrive, enter the building using the second floor entrance (stairs to this entrance can be found on the opposite side of the building from the parking lot) and go to the third floor. Please do not use the parking lot entrance.

Link to our Campus Map: https://www.andrews.edu/about/visiting/campus_map.html

PROGRAM COORDINATOR AND CONTACT INFORMATION

GYMNASTICS PROGRAM COORDINATOR: Andrew Osano

CONTACT INFORMATION: Phone: 269-471-3968

Email (preferred): aosano@andrews.edu

WEBSITE: <https://www.andrews.edu/chhs/gymnics/infinite/index.html>

REGISTRATION

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, **INSTRUCTIONS FOR REGISTRATION:** Instructions for registration on gymnastics website

COURSE DESCRIPTION

(complete overview shown on website)

GYMNASTICS

Group Gymnastics classes will introduce basic tumbling and flexibility. Gymnastics teaches basic to advanced skills in tumbling, trampoline and acrobatics. Students are placed in groups of up to 10 students based on level and a coach teaches the next skill in a series of skills and disciplines. Every 3rd week, students will have the opportunity to choose some of the disciplines that are unique to our gym: Aerial Silk, Mini-Tramp, Wall-Walking, Lyra as well as building group pyramids. We call this week "Circus Week" At the end of the semester, students will have the opportunity to perform the skills that they have learned.

SYLLABUS/OUTLINE: Weekly Classes vary by skill level, coaches available, and progress throughout the semester. A common class outline would include a 10 minute warm up, 5 mins of large group skill acquisition, Two skill rotations, and 5 minutes of conditioning.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES

Each student will have different course objectives depending on the level they are working on. Midway through the semester, any students who have made the required progress will be able to move up to the next level.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

All classes abide by the following:

- 1) Student agrees to attend at least 80% of class sessions/lessons offered.
Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

CLASS-SPECIFIC ASSESSMENTS

Exit Assessments (Infinite Gymnastics)

Students are advanced after acquiring appropriate skills in these areas in their assigned level:

- **Flexibility**
- **Tumbling**
- **Balance (headstands, handstands, etc.)**
- **Trampoline Skills**

CLASS POLICIES

ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Call and email if you know you will be absent and try to schedule a make-up class with the Coordinator. However, space can be very limited so please try to attend all of your scheduled classes as a makeup is not guaranteed to be an option. Unless arranged beforehand, please only attend the classes for which you have been registered.

Behavior: Be respectful to the teacher and other students. Be willing to try new things but ask for help if needed. Come to class ready to learn in your swimsuit and a pair of goggles.

Weather: Look for an email or a text on the day of inclement weather to know if your class will still plan to meet or if alternate class times will be arranged.

Other: Shoes should not be worn on the mats and any leotards must have shorts worn over them.