

Logan County Gymnastics Inc. | Your Gymnastics, Tumbling, Cheer, and Dance Headquarters

HOME LOCATION PHOTO ALBUM HAVING A PARTY? CLASS DESCRIPTIONS SCHEDULE CONTACT ONLINE FORMS



CLASS DESCRIPTIONS

PRINTABLE CLASS DESCRIPTIONS

GYMNASTICS:

Tumble Tots 60 minute class for 2-3 year old boys & girls

These classes enable the parent to be a friend & supporter to their child. The class is designed to introduce young children to movement within a gymnastics environment. Students explore hopping, jumping, climbing, stretching, balancing, swinging, rolling, and more. Listening skills & self-confidence are also part of our main goals. There is very little sitting time in these classes.

Little Gymnasts 60 minute class for 3 ½ to 5 year old boys & girls

These exciting classes teach the vital skills of balance, coordination, body awareness, and movement education while building strength, flexibility & self-esteem. Your child will have fun and gain self-confidence as he/she learns beginner gymnastics skills.

Level 1 Gymnastics for girls 60 minute class for 5 ½ years old & older

These challenging and fun classes concentrate on beginner gymnastics & tumbling skills. Your child will learn skills on the Olympic events of beam, vault, floor, and bars, as well as work on strength & flexibility through other gymnastics activities.

Level 2, Level 3, and Level 4, Semi-Competitive Gymnastics for girls

(by skill evaluation only)

These challenging and fun classes are for the gymnast more serious about taking her gymnastics to the next level. Your child will continue to work on their skills on the Olympic events of beam, vault, floor, and bars, while following guidelines set forth by USA Gymnastics. When they have mastered specific skills for their level, they will also learn routines with those skills! MiniKatz attend 1 hour per week; FireKatz attend 1 1/2 hours per week; IceKatz attend 2 hours per week.

GymKatz Competitive Gymnastics Team

Our competitive program is based on the Junior Olympic Program of USA Gymnastics. You must master specific skills in Levels 1-4 to be invited to be a GymKat!

CHEER & TUMBLE:

Cheer/Gym 60 minute class for 5 years and up

This class is designed for the aspiring cheerleader who still likes to work some on the gymnastics equipment. Each week students will work on their beginning tumbling skills; then we will rotate our lesson plans around the other components of cheerleading (jumps, motions, stunts, cheer & dance). Also each week we will have a portion of our lesson on a piece of gymnastics equipment (bars, beam, vault) to emphasize the speed, agility, and coordination that are required to become a top-notch cheerleader!

Back handsprings 60 minute class for 6 years and up

This class is for students who want to work on learning the basics of intermediate tumbling skills. Beginner tumbling skills are reviewed weekly (forward/backward rolls, handstands, right/left cartwheels, back bends, back-walkovers). We then work each week on mastering a standing back handspring, a round off, and a running round off back handspring. By doing this each week, we increase these students' core body strength, body awareness, and flexibility.

Series, Tucks & More 90 minute class (by skill evaluation only)

This class is structured so that each tumbler will be mastering a series of backhandsprings (3-4), a running round off back handspring tuck, and a standing back

tuck. Once those are mastered, we move on to layouts, full twists, whips, arabians, front tumbling, and elite combination passes. (All participants must be able to complete a strong standing back handspring & running round off back handspring. This will help ensure a safe training environment and proper progressions of skills.)

CheerKatz All-Star Cheerleading Squads

These girls participate in a high-energy class that follows the same lesson plans as a Cheer/Gym class while also learning a performance routine. Our students are placed on a squad based on their age, experience and ability. This is a great way to build self-esteem through team participation! The girls will also show off their routines in front of a crowd at basketball games and other public appearances throughout Logan County!

DANCE:

Tap & Tumble Tots 60 minute class for 2-3 year old girls

This class begins in the dance room without the parent. Each week is new & exciting as we use ribbon wands, flowers, animals and much more to teach creative movement, beginner ballet, and tap steps. We play age appropriate music to increase the students' listening skills and rhythm. We then move to the gym for our parent participation portion and a gymnastics lesson (described under Tumble Tots).

Tutus & Tumbling 60 minute class for 4-6 year old girls

These classes begin in the dance room and work on beginner dance steps in ballet, tap, jazz, and even a little hip hop! We use props (such as ribbon wands) to help with our coordination as we work on dance steps to music. We then move to the gym for a short gymnastics lesson (described under Little Gymnasts).

Dance for Girls 60 minute class for 6 years old and up

Our fun dance class curriculum combines ballet, tap, jazz, and hip hop to improve balance, posture, and grace. Every week we will practice basic steps and positions to build flexibility, strength and coordination. We will work on turns, positions, leaps, and jumps, while playing music to improve our rhythm and poise! These class students are divided up based on age, experience and ability.

SPORTS SKILLS:

F.A.S.T. Class for boys 60 minutes for 4 years old and up

This class is designed just for boys and their high activity levels! Your child will work on Flexibility, Agility, Strength, and Top speed while having fun, learning listening skills, developing self control, and building concentration. By using the specialized equipment of a gymnast, your child will learn drills and beginner tumbling skills that will help his coordination, balance, and fitness. Conditioning drills are worked on every week to increase overall strength and fun group activities encourage teamwork!