

Summer Curriculum (Classes)

July 7th - August 31st

(Weeks run Saturday to Friday)

WEEK 1

All Events



Safety & Gym Rules

The children will learn how to land properly and how to fall forward or backward properly. We will also go over the gym's safety rules!

WEEK 3

Beam, Floor & Trampoline

Basics for Flipping

The children will work on forward rolls, dive rolls and backward rolls!



WEEK 5

All events

Basic Event Terminology

Vault- RUN & JUMP

Bars- SWING & STRENGTH

Beam- BALANCE

Floor- POWER & GRACE

Trampoline- BOUNCE, CORE STRENGTH,
3 BASIC ARM POSITIONS



WEEK 2

Vault, Bars & Trampoline

Upper body, Core strength & Running mechanics

We will do rock climbing, climb ladders as well as work on pullups and hand travels! Vault will include basic running mechanics for legs & arms.

WEEK 4

Mountain, Relay Races & Trampoline

Be ready to race & have fun!!

WEEK 6

Girls Events: Vault, Bars, Beam, Floor

Boys Events: Vault, Parallel Bars, Rings, Pommel Horse, High bar, Floor

This week, female students will try the male events, and vice versa!

WEEK 7

Trampoline, DMT, Air Mat & Tumble Track

The children will learn the differences in the bounce on a variety of equipment



****WEEK 8 FUN & STAR WEEK!****

