

WASECA GYMNASTICS

It is our goal at Waseca Gymnastics to teach fundamentals in a positive, fun and safe environment. Through gymnastics, we strive to develop positivity, confidence and overall physical fitness. Our programs are suited for recreational, developmental and competitive gymnastics at varying levels.

PARENT-CHILD CLASS (18 mos – 3 years)

This class promotes early development and provides a strong foundation for your child's critical first three years. This weekly class will help your child develop strength, flexibility, coordination and listening skills. More "exploration, fun, and rhythm" than regular gymnastics, this is truly a class of continuous fun and learning. You'll be right there to celebrate every discovery and success since you participate in the class with your child.

PRESCHOOL CLASS (3-5 years)

Building on a strong motor skill foundation, children will learn basic gymnastics on all events in addition to obstacle courses, trampoline time and basic tumbling skills. This class helps improve body awareness, coordination, balance and listening skills. We use modified equipment and drills for a fun and creative approach to learning. The main goal of the program is to build your child's confidence in their first 'all-by-myself' class, empowering them to try new things in a safe environment.

PROGRESSIVE PROGRAMS (Girls and Boys 5-18 years)

Gymnasts must master skills from previous level in order to move up to the next level. Skill sets (not limited to) are listed under each description.

BEGINNER 1

A beginner class for youth with little to no experience with gymnastics. Gymnasts will learn to perfect their basic skills on all events: floor, bars, vault and beam. Some work on the trampoline as well.

Floor:

tuck, pike, straddle positions • forward rolls, backward roll on cheese mat • cartwheels • bridge

Bars:

tuck, straddle and pike hangs (3 seconds each) • pull-over, front support with straight arms • front roll over with straight arms • glide swing with hollow

Beam:

walking forward, sideways and backward • toe to knee kicks • straight jump dismount to c-position

Vault:

running, skipping, chasse • correct board approach • squat on vault to a low block/vault with hands

BEGINNER 2

For gymnastics who have mastered skills from Beginner 1 and are ready to take the basics a little further.

Floor:

jumps – tuck, straddle, and pike • backward rolls in tuck position • handstands • cartwheels • round offs • bridge kick over

Bars:

pull up position strength holds in: tuck, pike and straddle-hold 3 seconds • pull over with spot casting with hips away from bar • casting off bar to floor landing • sole circle on floor bar

Beam:

toe to knee kicks-horizontal leg position • scales • tuck, pike and straddle jump dismounts • v-sits • releve walks F/B/S

Vault:

Underarm swing for board approach • pop on vault to a two block (higher) vault

INTERMEDIATE

Floor:

wolf and split jumps • twisting straight, tuck, pike and straddle positions with a ½ turn • backward rolls in straddle and pike positions • back bends • bridge kick overs • front limbers • power round-off with straight jump rebound • one arm cartwheels • lunge handstand – 2 sec holds • back extension on cheese mat

Bars:

pull overs • back hip circles • jump to catch high bar • tap swings on high bar (3 swings with a re-grasp)
sole circle off low bar • 3 leg lifts on HB in pike

Beam:

straight jumps • tuck jumps • handstand on low beam • cartwheels • round off dismount

Vault:

hop up onto the vault - lowest setting • handstand fall to back on pit with a hallow position • handstand push to floor with spot

ADVANCED

Floor:

full toe turns • back walk overs • front walk overs • twisting jumps with a 1/1 turn • handstand forward rolls
back extensions • power one arm cartwheels

Bars:

long hang pull overs/baby giants • sole circle dismount from high bar • back hip circles on high bar • kips with spot • leg lifts on HB in pike • squat on with spot

Beam:

cartwheel and handstands on high beam • jumps – straddle, pike, wolf, split • full turns on toe • round-off dismounts with flight

Vault:

Front handsprings with spot

OPEN GYM

Come explore and play in the gym with supervision from our qualified staff. You must be enrolled in a current class to participate in open gym. Children 6 and under must be accompanied by an adult.

PRIVATE LESSONS

These lessons are 45 minutes of one-on-one private gymnastics instruction. They are a great way for you child to gain skills and get additional help on routines. With individual attention, the coach can focus on your child's specific needs and progressions necessary for improvement.