

Rolling Meadows Park District Gymnastics Program Descriptions

Hot Shot Tots Gymnastics

An enjoyable physical, mental and social experience for your toddler to age 3. A playful parent/tot class centered around age appropriate movements using specialized tot-size gymnastics equipment. This class will enhance your toddler's body awareness, make him or her more confident with movement and is also a great way for you and your child to meet new friends.

3 Year Olds

No parent's necessary here! This class helps children take that big step towards independence. With encouragement from skilled instructors, the class faces physical challenges which give them stronger bodies and sharper minds as well as a clearer understanding of their bodies and limitations.

4-5 Year Olds

These children are beginning to really step out and move. We know it is even more essential that their physical challenges be monitored for safety and that their attempts are rewarded so risks become exciting and failed attempts are seen for what they are—learning experiences.

Kindergarten

This class is for the little gymnast who already has some school experience. Because of their age, kindergarteners are able to handle a class which is slightly more "skill oriented." With the influence of positive reinforcement, children are afforded appropriate challenges which prepare them, physically and mentally, for our developmental gymnastics classes. Classes are 1 hour.

Tumbling

This program specializes on floor and trampoline skills. Specifically designed for the needs of cheerleaders and aspiring cheerleaders, the class features a strong emphasis on the tumbling and jumping skills which have become so necessary in this growing sport. There are 2 levels of tumbling classes offered; beginner (1) and intermediate (2). **For safety reasons all students new to the tumbling programs should enroll for beginner level unless the tumbler can perform a back handspring unassisted.** A back handspring is a jump backward flipping upside down to handstand and a push off the hands to return to one's feet.

- **Tumbling I** skill goals include handstands, round offs and flip flops.
- **Tumbling II** skill goals include back flips and layouts, layouts with twists alternates and bounders.

Youth Gymnastics

Our developmental gymnastics program is divided into groups 6-8 years, 9-13 years and high school. The 3 level program is designed to provide a non-competitive, achievement oriented program of progressive skills. Children will receive instruction in the Olympic gymnastics events.

High School Girls

The High School Girls class is for girl's grades 9-12 who compete on their high school gymnastics team. The gymnasts will be trained to maximize their personal potential to compete according to the Illinois High School Association (IHSA) requirements. Fees will be prorated when high school gymnastics season overlaps the park district schedule.

Girls Gymnastic Team Programs

Girl's Gymnastic Team

The Girl's Gymnastic Team follows the 10 level Junior Olympic program which is regulated by USA Gymnastics (USAG), our sport's governing body. We currently train athletes who compete USAG levels 4-9 and High School (IHSA). The team travels to competitions with other park districts and gymnastics clubs. Pre-requisite for joining the team is successful completion of Pre-team training and/or an evaluation by the team director. Team fees are charged on a monthly basis.

JETS (Junior Elite Training Squad)

The JETS program is a developmental training team designed to prepare gymnasts for future competition. Gymnasts will begin training 2 days per week for 2 hours.

Flyers

This program is an accelerated class, designed to challenge those 6-8 year old gymnasts that show an aptitude for the sport of gymnastics. This program requires a commitment of 1.5 hours twice a week. The objective is to achieve those skills necessary for competition at the first competitive level.