



# GEM-DOG GYMNASTICS PROGRAM



## School Aged Gymnastics Program

*Mobility through our school-aged program is based on ability testing using skill benchmarks.*



### Tanzanite - (Age 5-12)

This class is for gymnasts age 5 & up who **are able** to perform a cartwheel to feet first landing and a straight-arm bridge. Gymnasts will work on vault, bars, beam and floor along with focusing on growing their strength and confidence.

**Tanzanite 1:** (New to the GemDog Gymnastics Program)

**Class Code:** W1061

**Tanzanite 2:** (Participated in the Fall 2021 Gymnastics Program)

**Class Code:** W1062



**Dates:** Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

**Min:** 6 **Max:** 25

**Time:** 5:30pm-6:30pm

**Fee:** \$119

**Registration Deadline:** November 22

**Instructor:** Coaching Staff

**Location:** Paynesville Area Middle School Gym (enter PACC Door #1)



### Emerald - (Age 6-12)

This class is for gymnasts ages 6 & up who **are able** to perform a 5 second straight arm bridge, a forward roll with legs together, backward roll, 3/4 handstand, levering cartwheel w/straight arms, bridge kick over from a mat & lightly spotted pullover, and forward, backward, sideways walks on medium beam and walk unassisted on high beam. Gymnasts will continue to gain strength and confidence while improving key gymnastics shapes and basic skills necessary for more advanced gymnastics.



**Emerald 1:** (New to the GemDog Gymnastics Program)

**Class Code:** W1063

**Emerald 2:** (Participated in the Fall 2021 Gymnastics Program)

**Class Code:** W1064

**Dates:** Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

**Min:** 6 **Max:** 25

**Time:** 5:30pm-6:30pm

**Fee:** \$119

**Registration Deadline:** November 22

**Instructor:** Coaching Staff

**Location:** Paynesville Area Middle School Gym (enter PACC Door #1)



### Ruby - (Age 6-12)

This class is for students ages 6 & up who **are able** to perform a vertical handstand on floor, levering cartwheel w/straight arms & legs, bridge kick-over w/straight legs on floor, round-off from panel mat, beginning back handspring shapes with spot, pull-over on bars, high toe walks on high beam, cartwheel on low beam and straight jump off springboard on mat. Gymnastics will continue to improve key gymnastics shapes and basic skills necessary for more advanced gymnastics. More emphasis will be placed on precision and mastery of key shapes and presentation.

**Ruby 1:** (New to the GemDog Gymnastics Program)

**Class Code:** W1065

**Ruby 2:** (Participated in the Fall 2021 Gymnastics Program)

**Class Code:** W1066



**Dates:** Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

**Min:** 6 **Max:** 20

**Time:** 6:30pm-7:30pm

**Fee:** \$119

**Registration Deadline:** November 22

**Instructor:** Coaching Staff

**Location:** Paynesville Area Middle School Gym (enter PACC Door #1)



### Diamond- (Age 6-12)

This class is for students ages 6 & up who **are able** to perform a forward roll, backward roll, levering cartwheel w/a lunge, handstand from lever, round-off, back limber, bridge kick-over from floor, pull-over on low bar, straight jump on medium beam and a stuck cartwheel on the low beam. Gymnasts will begin focusing on more advanced skills needed to move into the competitive gymnastics program.

More emphasis will be placed on precision and mastery of key shapes and on presentation. This level will begin combining skills, along with the introduction of more dance elements.

**Diamond 1:** (New to the GemDog Gymnastics Program)

**Class Code:** W1067

**Diamond 2:** (Participated in the Fall 2021 Gymnastics Program)

**Class Code:** W1068

**Dates:** Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

**Min:** 6 **Max:** 20

**Time:** 6:30pm-7:30pm

**Fee:** \$119

**Registration Deadline:** November 22

**Instructor:** Coaching Staff

**Location:** Paynesville Area Middle School Gym (enter PACC Door #1)

