

# HOW DO ATHLETES PROGRESS THROUGH OUR PROGRAMS?

## Recreational Gymnastics Programs

Tumble Together - Little Leapers - FUNdamentals - BoyZone - GymFit Homeschool - GymKidz Camps

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***Recreational programs are the most appropriate placement for the vast majority of youth wishing to participate in gymnastics.***

BGC has a wide range of recreational level gymnastics programs designed to teach a wide variety of traditional beginner and intermediate gymnastics skills in a safe, fun environment. All of our recreational programs are age based classes so we can provide instruction at a developmentally appropriate level. Coaches will divide athletes based on ability and experience at specific points during each class as it's appropriate for the targeted activity and skills.

All recreational programs run seasonally to allow participants and their families to balance their schedule as the seasons and opportunities within our community change. All of our recreational programs are open enrollment to the general public 4 or more times per year and opportunities are given on a first come first served basis.

Our recreational programs are excellent supplements to other sports as participation in these programs will increase overall strength, flexibility and coordination. These programs will provide exposure to a wide range of gymnastics skills while building a strong gymnastics foundation for those who wish to potentially pursue the sport further in the future. These programs also aim to increase confidence and overall social, emotional, and physical well being that will impact many areas of life.

Please note: Our recreational programs also serve as an ongoing tryout process for girls who desire to become BGC team athletes. Our staff is trained to constantly assess each participant for readiness for more intense or difficult programming and provide notification of appropriate next steps for your child to enjoy gymnastics to the fullest.

### **Progress through our recreational programs:**

All recreational programs are divided into age groups and the level of instruction and activities not only change weekly, but overall expectations change with athlete age and overall maturity. These programs are all dynamic, constant motion programs designed to provide confidence building experiences and specific challenges along the way. ***The vast majority of participants will spend multiple YEARS working towards a mastery of traditional beginner and intermediate gymnastics skills in this recreational environment.***

***Please note: GymFit homeschool, GymKidz camps and BoyZone are designed to engage children with their community and their peers in a safe and fun environment. These programs are NOT designed to build strong gymnastics foundations, but instead designed purely to add enrichment and healthy physical activity to your child's life in a fun and safe environment.***