



Your child will enjoy progressive classes throughout their journey provided by Impact Gymnastics with passionate caring coaches.

Our **GROW** Program is specifically designed for ages 2 -5yo to let your child learn and explore gymnastics skills & basic class etiquette disguised as fun play & activities. Classes in GROWstart with Kindygyim and finish in PREP.

- Kindygyim 2-3yo is a parent assisted program where the coach will have the class set up and then you and your child will navigate the circuits and activities together with the coach assisting.
- Kindygyim 4-5yo is a parent assisted program that works towards the child learning to participate on their own, this will set them up for schooling.
- PREP is where your child will participate on their own with their coach leading the class.

Once your child has reached year 1, they will progress to our **DEVELOP** Program and enter our next option of gymsports! Recreational or ACRO/Tumbling... we surely have a class for your child or for the keen adult!



## + **Girls & Boys Recreational**

- Recreational is for year 1 + students. They will progress through our in house levels system and learn to use Vault, Bars, Beam & Floor apparatus. Strength & Flexibility work is also included in every class to ensure every gymnast has a great foundation for their skills!

## + **ACRO & Tumbling**

- ACRO & Tumbling is for year 1+ students. They will cartwheel, handstand, roll, limber as basics in beginner. Intermediate is when Saltos are mastered then connected to other skills. They will spend

the lesson on trampolines, mini tramps, air floor tumble floor and strength & flexibility circuits. The ACRO component includes partner and trio work where they do holds, balances, dynamic throws & catches creating fun and amazing routines.

## + Adult Gym

- Adult gym is a great program for the beginner right through to the ex gymnast who want's to get back in the gym. Our adults program starts every class with a group warm up, everyone then moves onto individual training where the coach can assist you with your goals.

## + Competitive

- We provide competitive teams for girls at Impact Gymnastics. These are by invitation or transfer between clubs, please contact us for more information.