

Girls Champs 3

When you enter the world of girls gymnastics, it is the beginning of a new adventure that turns into a passion for many of the girls who participate. Over time they experience life changing moments that enhance their school, family, and community relationships.

It is our goal to make these young gymnasts not only into great athletes, but also into great children/teenagers/adults. We believe in the importance of gymnasts leading well rounded lives and being involved with outside interests as well.

Each class includes stretching and strength in addition to instruction on vault, uneven bars, beam and floor. Coaches are dedicated to teaching children the principles of gymnastics and develop their coordination and motor skills. Gymnastics will not only increase your child's physical abilities, they will also learn life skills such as perseverance, discipline, commitment, teamwork and leadership. Over time they learn to overcome fears and work hard toward goals.

As girls develop their skills, they are advanced into Levels 2 and 3 where they will learn more challenging elements that requires self-discipline, increased strength and flexibility.

2022 SKILL DEVELOPMENT TRAINING SESSIONS

GIRLS CHAMPS 3

As girls develop their skills, they are advanced into higher levels where they will learn more challenging elements that requires self-discipline, increased strength and flexibility.

VAULT

Handstand Block
Correct Board Shape
Spring (Accelerated) Down the Runway
Run Punch Straight Jump on PP
Kick Handstand Flatback
Run Punch Handstand Flatback on PP

STRENGTH/FLEXIBILITY

SHAPES

10 Push Ups
5 Pull Ups (Chin Above Bar)
5 Leg Lifts (Toes to Bar)
15 Frog Jumps
15 V-Ups
Full Rope Climb
Competition Bridge
Right Leg Split
Left Leg Split
Middle Split 80°
Pike with Nose to Knees
Hands Reach Flat Past Heels



BEAM

Pivot Turn
Arabesque
Straight Jump
Split Jump 60°
Hiccup Handstand
Side Handstand Dismount
Round Off Dismount

BARS

Glide Swing
Pull Up Pull Over
Cast to 45°
Back Thigh Circle
Shooting Star in Tuck
Underswing

FLOOR

Vertical Handstand
Cartwheel Step In
Power Hurdle Round off Rebound
Straight Arm Back Roll To Push Up
Competition Bridge Kickover
Split Jump 90°
Forward Chasse Leap 90°
Forward Passe 1/2 Turn

GIRLS CHAMPS 3

7-8+ years old
Two hour class

Schedule

Monday: 5:00
Tuesday: No classes
Wednesday: 3:00
Thursday: 3:00, 6:00
Friday: No classes
Saturday: No classes
Sunday: 11:00

Monthly Cost

Annual Family Membership Fee: \$72
1x per week: \$200
2x per week: \$285
3x per week: \$325

**IF YOU ARE NEW ATHLETE TO CGC
YOUR FIRST MONTH FREE TUITION
WITH \$35 REGISTRATION FEE**