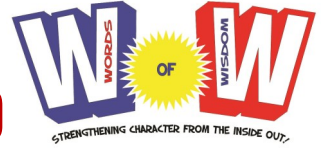




Gymnastics • Karate • Dance
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MAVERICKS 1 (7-12 YRS)



EVERYTHING YOU NEED TO KNOW ABOUT OUR MAVERICKS 1! AGES 7-12

Welcome to Mavericks Gymnastics!

Mavericks 1 is a 1 hour gymnastics class for boys 7-12 years old. It is structured like a traditional gymnastics class with a cardio warm-up and full stretch, followed by three circuits on floor, bars, and vault. Gymnastics goals of the class include cartwheels, handstands, forward & backward rolls, bridges, handsprings, proper board drills and running, handstand & front handsprings over the vault, pullover, glide, straight body & tap swings, bar dismounts, strength & conditioning and more! Basic concepts of our Words of Wisdom program will be included during each warm-up and throughout the class (friendship, manners, courage).

Class Reminders



- ★ Use the restroom **BEFORE** class
- ★ Have long hair tied back
- ★ Please have bare feet during class



BASIC GYMNASTICS SKILLS

- Cartwheels
- Bridges
- Handsprings
- Rolls
- Pullover
- Board Drills
- Strength

POSITIONS & TERMS

Each class we will incorporate a position focus:

- Tuck
- Pike
- Straddle
- Lunge
- Safe Landing
- Squat

WOW FOCUS

- Friendship
- Manners
- Courage
- Charity
- Commitment
- Responsibility
- Teamwork
- Confidence
- and MORE!

Our goal is to make sure that every gymnast gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor and record each gymnast's progress on a continuous basis and we will notify you as soon as your child has mastered all of the goals of their class and is ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones.



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