



# Junior Olympic Gymnastics

## 10 REASONS to do GYMNASTICS

1. Develop coordination
2. Develop flexibility
3. Develop strength and power
4. Learn to listen and follow directions
5. Gain self-esteem and confidence
6. Social interaction with peers
7. Learn to set goals
8. Learn fundamentals of movement
9. Develop skills to enhance other sports
10. Its *FUN!*

### The Program

CSA Kids is a member club of the National Artistic Junior Olympic Gymnastic Program which was developed by the United States of America Gymnastic governing body (USAG). There are ten levels in the Junior Olympic program. The four events are: Floor Exercise, Balance Beam, Vault and Uneven Bars. In addition, students will train on in-ground trampolines and in ground foam pit.

### Training

CSA Kids

Junior Olympic Gymnastics

offers classes for children 5.5 years and older.

### Pre Team

60 minutes once per week

### Level 1:

90 minutes once per week

### Level 2:

90 minutes once a week  
or  
90 minutes twice a week

### Excel & Levels 3-10

Information available through our competitive gymnastic team Head Coach

### Competitions

Gymnasts of even modest ability, (level 2), will be competing in local level competitions. This serves to emphasize and develop an outlet for training & competition that does not emphasize Olympic level pursuits.

### Reminder about Fitness

The children have the opportunity to frequently experience success, which makes movement pleasurable for them. Thus they are more likely to become, AND STAY, physically fit.

### Pre Team

5 years and older

This is a non-competitive achievement oriented CSA Kids Junior Olympic Gymnastic Program of basic skills and routines for the beginner student.

### Level 1

5.5 years and older

For the more advanced student CSA Kids Junior Olympic Gymnastic Program offers skills, routines, and an opportunity to compete in a low-stress environment at the local level.

### Level 2

5.5 years and older

The first level to go to competitions outside our own gym. Continuation of previous levels for the progressing student.

### Excel & Level 3-10

5.5 years and older Available through CSA Kids Competitive Gymnastic Team Program.

### Teaching Staff

Experienced, well qualified, Safety Certified, Coaching Accredited. A professional staff that enjoys teaching gymnastics!

### Student –Teacher Ratio

9 students per Teacher

### Observation Area

Great spacious viewing area

### Attire

Girls Leotard of choice  
Footwear  
cotton socks or gymnastic shoes.  
Items may be bought in our Sports N' Stuff gift shop

### Party Time

Gym Dandy Birthday parties are well planned gymnastic activities for 3 years thru pre-teens with no work for Mom!

### Contact US!

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