

RECREATIONAL GYMNASTICS INFO FOR PARENTS

CSC runs one of the largest and best recreational gymnastics programs in California. Our unique curriculum introduces the fun, beneficial activity of gymnastics to a wide range of girls and boys ages 6 and up. What makes our program great? Along with skills, we teach performance-based routines - the very essence of artistic gymnastics. Consistent participation year-round results in improved fitness, coordination, and confidence. For faster rate of improvement, we recommend your child take class two or more days a week. In our recreational classes, students focus on developing a wide range of skills step-by-step, starting with fundamentals such as handstands, cartwheels, rolls, swinging, walking on the beam, and vaulting. Each of our levels utilizes a skill card with required gymnastics elements (skills) that students must learn to move up, along with "prep skills" to introduce skills & terminology for the next level.

PROGRESSIVE CLASS LEVELS & DEVELOPMENT

- **Our Rec Levels are: FUNdamentals I, FUNdamentals II, Intermediate I, Intermediate II, & Advanced Rec.** Boys and girls classes are taught separately using gender specific curriculum based on the Olympic events.
- **Rec Sessions:** Students attend year- round, cycling through 4-week sessions. Each week will focus on skill development.
- **Myskillchart** is an online skill tracking website that we use to update the students' skills. Girls include elements on all Olympic events: Vault, Bars, Balance Beam, and Floor Exercise. Boys learn Floor, Pommel Horse, Rings, Vault, Parallel Bars, and Horizontal Bar. Coaches also focus on gym safety, trampoline, dance, strength, flexibility, and additional gymnastics terminology.
 - ✓ **Required Skills** These are 5-Star Skills. Students must be able to consistently perform these skills to successfully move up.
 - ✓ **Prep Skills** These are 1-Star Skills. These skills are introduced and practiced in order to expand class experiences, provide challenges, and prepare for the next level.
- **Gold Medal Routines** are designed to help our students connect skills together while "showing off". Gold Medal Week, which is the last week of the session, represents the graduation ceremony in order to recognize those students that are eligible to move up. Routines begin with a salute and end with a "stick" landing.
- **Student Updates** All parents receive an email update about their child's progress through Myskillchart if you selected the option to receive notifications. Myskillchart will be updated once a month by your child's instructor. Your child's instructor will gladly provide details about class progress, and we encourage you to get to know our staff and discuss your expectations and your child's goals.

Students also enjoy a **Focus of The Month**, with in-class activities to enhance a skill/developmental area.

MOVING UP THROUGH OUR REC LEVELS: FAQ'S

- **How does my child move up?** Your child's Online Skill Chart is used to track progress. Once your student has learned all the Required Skills with a satisfactory number of stars completed, your child will receive a move up certificate notifying them that they are ready to move up to the new level. If your child needs to change classes, you will be able to communicate with the front desk to reserve a spot in the next level. The following week will include Gold Medal Routines during class where the move-up students will show their routines on the events they are scheduled on. At the end of class, the move-up students will receive a gold medal. The new level will start Week 1 of the next session.
- **How long will it take my child to move up?** Coaches aim for students to graduate and advance at a rate of at least one level per year, but many factors affect the pace of learning, including consistent attendance, fitness, natural ability, and full participation in all class activities. **The number of class days per week has a significant impact on the rate of learning.** Simply put, taking two days a week gives a student twice the amount of learning and practice, and the opportunity to advance at twice the rate of a student taking class one day a week. **We recommend enrolling in class 2 or more days per week, and staying enrolled year-round.**
- **What is the highest level my child can attain?** Once students graduate into Advanced Rec, they will begin learning competitive-level skills that may allow them to advance further in the sport. Many students choose to stay in Advanced Rec and advance within class. Others will focus on learning skills to allow them to earn a spot on our National Gymnastics Association (NGA) Team or Developmental Program (DP) competitive boys or girls teams.
- **How do I access Myskillchart?** Use the QR code to bring you to the Myskillchart login. Click "forgot password" and input your email. The email needs to be the primary email on your account. If you are not sure which email the primary one is, please ask the front desk. If you want an email added to your child's Myskillchart, please notify the front desk or your Gymnastics Coordinator. You will receive an email from Myskillchart to reset your password, follow the link to set up your account. Once you set up your account, you are able to check your child's progress as well as your family profile. It can take up to two weeks for the student to show up in Myskillchart. Please notify your front desk or Gymnastics Coordinator if you are having problems accessing Myskillchart.
- **Why doesn't my child's Myskillchart show current dates if it is updated once a month?** While the expectation is that the instructor will update Myskillchart once a month, there are some situations that the skill(s) may not be ready to progress to the next star. It does take time for skills to gain the correct technique in order to progress to mastery. You can talk to your instructor about your child's progress.



SPECIALTY GYMNASTICS CLASSES

We teach specialized recreational classes that can broaden or focus students' gymnastics experiences. Students may enroll in special classes in addition to our standard rec levels.

- **Trampoline & Tumbling** is a co-ed class. The class curriculum includes learning floor exercise, trampoline basics, developing air sense, and then flipping skills such as front and back handsprings, aerials, and forward and back saltos (flips). This class is popular with cheerleaders, martial arts students, and parkour enthusiasts, but is open to students of all levels.
- **Ninja Kidz** is a co-ed class. The class curriculum includes the athleticism of gymnastics, the discipline of martial arts, and the excitement of freestyle movement by engaging the students in high-energy obstacle courses that include fundamental skills. Ninja Kidz classes help develop strength, confidence, and discipline while having fun.
- **Rec League** is an add-on class for Rec Fundamentals, Intermediate, and Advanced students. Some locations may offer co-ed classes. The class focuses on routine development, improving memorization, and experience in competing. There are four Rec League Competitions throughout the year located at our Great Oaks facility. This class is a great stepping-stone to introduce the competitive experience.
- **NGA Prep** is an add-on class for Girls Int I-Girls Advanced for ages 8+. The class curriculum focuses on skill technique by developing strength, flexibility, and basic shapes for the required skills. This class is popular for the students that would like to work towards joining the NGA team. *(Offered at select CSC locations)*

ASK THE FRONT DESK ABOUT OUR NEXT REC PARENT ORIENTATION!