

Infinity Gymnastics Academy Class Descriptions

Shooting Stars Preschool Gymnastics

The A, B, C's of Gymnastics - this program focuses on basic locomotive movements and introductory gymnastics positions, rolls, and handstands. These tiny athletes will be introduced to all forms of controlled movement and body abilities. Our Shooting Stars participate in all gymnastics apparatus and develop courage, strength and flexibility preparing them for all of their future athletic days.

Recreational Classes: StarBeams, StarLights & Star Gym Wars

Star Beams & Star Lights are beginner and intermediate level classes for school age girls focusing on introduction to gymnastics terms, positions and the skills of each apparatus. The fundamental progressions on each event (vault, bars, beam, floor and tumble trampoline) are instructed and each athlete moves at their individual pace. Safety and proper technique are the basis for the success and enjoyment of this program.

Star Gym Wars is our boys recreational class. Gymnastics is a very unique sport that requires so many athletic qualities. Unlike many other recreational activities boys participate in, gymnastics is usually not one they can walk in and be superstars on the first day. The benefits of the strength, agility and coordination acquired through gymnastics will not only make them great gymnasts but it also helps with sports readiness of all the other sports they may be participating in. This program focuses on gymnastics skills on the floor, tumble track, vault and bars. They participate in obstacle courses, strength training and our version of Star Gym Wars superstar agility training.

Tumbling

This program puts all emphasis on the skills that are performed on the floor exercise mat. Training aids such as speciality mats and tumble track are used for skill implementation in this program. Handstands, handsprings, aerials, tucks, layouts and twists are instructed and skill progression is on a personal level. Many of our tumbling members are cheerleaders, dancers, performers and gymnasts searching for more complex skills and advancement in their individual craft.

Star Bursts / Infinity Training Team

This program is hand selected for those athletes who demonstrate the promise and dedication necessary to be successful in the world of competitive gymnastics. This foundation level is paramount in importance to their future successes. Star Bursts are our youngest hopefuls and Infinity Training Team represent our athletes preparing for competition in the very near future. Strength, Flexibility and the ability to retain information as well as the diligence to complete at home assignments are required at this level.

.*TEAM INFINITY*.

By Invitation Only. Evaluations Required.

Those athletes who are willing to push themselves to be the best they can be. Coachable, respectful, hardworking and dedicated girls who pride themselves on being better today than they were yesterday. The love for the sport is essential as the commitment is not just of the athlete but the entire family.

Training schedules vary by level.