

Dear Gymnastics Families,

We are excited to announce that in collaboration with Willmar Parks and Rec, we will be starting preschool programming this summer. Tiny Tykes (ages 3-4) and Pre-K Gymnastics (ages 4-5) will be offered in addition to our beginner, intermediate, and advanced classes. With the addition of our preschool programming, our expectations for all classes will be shifting. Please review the new class descriptions when signing up your athlete(s) this summer.

### **Tiny Tykes: 30 Minutes**

Open to athletes ages 3-4 years old, this class will encourage whole-body exercise to develop strength, flexibility, and coordination. Athletes will learn front support, tabletop, forward rolls, and other basic gymnastics movements. Parents will need to be available to help their child if needed. **This class will be held at the Willmar Civic Center.**

### **Pre-K Gymnastics: 30 Minutes**

Open to athletes ages 4-5 years old, this class will introduce athletes to beginner gymnastics movements. They will begin to learn handstands, cartwheels, and bridges. **This class will be held at the Willmar Civic Center.**

### **Beginner: 50 Minutes**

Open to athletes in kindergarten & up, gymnasts will become proficient in handstands, cartwheels, and bridge kickovers. They will build the foundational skills on vault, bars, beam, and floor.

### **Intermediate: 50 Minutes**

This course is for athletes in kindergarten & up who **can do a bridge kickover** on the floor. Gymnasts in this class will work towards being able to do back handsprings, back hip circles, squat-ons, front limbers, roundoffs, jumps, and turns.

### **Advanced: 1:30 Minutes**

This course is for athletes in 2nd grade and up who **can do a backhandspring** on the floor. In this class athletes will work on skills such as kips, flyaways, front tucks, back tucks, etc.

### **Competitive Team**

This course is for athletes who have **been invited** to participate in the Willmar Gymnastics Competitive Team. Inquiries can be sent to Torrie Heitzman at [heitzmant@willmar.k12.mn.us](mailto:heitzmant@willmar.k12.mn.us).

We know there is a desire for gymnastics in our community, and we are overjoyed to continue expanding our course offerings. As we transition to incorporate more opportunities for athletes of all ages, please offer grace and understanding to our staff. If you have any questions, please reach out to Anita Nelson ([ajnelson@willmarmn.gov](mailto:ajnelson@willmarmn.gov)) or Torrie Heitzman ([heitzmant@willmar.k12.mn.us](mailto:heitzmant@willmar.k12.mn.us)).