

Loveland Parks and Recreation

www.TeamSideline.com/Loveland

2020 Gymnastics Info Sheet

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This is a recreational program for youth ages 1½ through 16 years old.

Various class times and levels are offered for all abilities. Choose from two or three, four-week sessions.



Quick Reference Chart - 2020

Important Information by Season (2020)	Winter	Spring	Summer	Fall
Registration Begins (6:00pm online)	Dec 9, 2019	Dec 9, 2019	Apr 27	Jul 27
Class Dates – Session 1	Jan 6-Feb 1	*Mar 2-Apr 4	Jun 1-Jun 27	Sep 12 - Oct 9
Class Dates – Session 2	Feb 3-Feb 29	Apr 6-May 2	Jul 6-Aug 1	Oct 10 - Nov 6
Class Dates – Session 3				Nov 9 - Dec 12
Blackout Dates		*No classes Mar 16-21		
Specific Class Info, Dates, and Fees	www.cityofloveland.org/ActivityGuide			
Parent Info, Gymnastics Rules, Policies	CLICK HERE			
Attire	ATTIRE for class should be comfortable and should easily allow for movement. Leotards or shorts and t-shirts are recommended. Jeans and similar attire are too restrictive and hard on the equipment. If tights are worn, they must have stirrups or stop at the ankle. Those that enclose the foot are conducive to slipping.			
Jewelry	No Jewelry Allowed			
Weather	WEATHER CANCELLATION INFO is available one half hour before your scheduled class at www.TeamSideline.com/Loveland As a rule, if the Chilson Center closes due to weather, class will not be held. Sign up for text and/or email alerts on our website as well!			

GYMNASTICS PROGRAMS OFFERED

PRESCHOOL PROGRAM

for ages 1.5 -5 yrs.

Parent/Tot

Age 3 1 1/2-3: Spend time with your little one while helping them increase spatial awareness, gross motor and social skills through fun obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered.

Wiggle Worms

Age 3: Get your wiggles out as we move, tumble, climb, bounce and swing! A transitional class for those 3 year olds seeking more independence. Parent participation optional. All children participating must be registered.

How to Register

1. **Find Program Info Sheets** at www.TeamSideline.com/Loveland
2. **See Activity Guide** for specific class info, including class number you'll need.
Go to www.Cityofloveland.org/ActivityGuide
3. **Register for your class** online at www.cityofloveland.org/WebTrac or in person at the Chilson Center.

NOTE: You will need an active household account. For help setting up your household, or to get your household ID # to login, please call 970-962-2458.

REGISTER EARLY to ensure your spot!

Tumbling Tots

Ages 3 - 4: Experience exciting obstacle courses, increase strength, balance and flexibility in a fun, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this fun-filled class!

Tumble Mania

Ages 3.5 - 5; 6 - 12: Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and skills on the Tumbl Trak. As the child progresses, more advanced tumbling skills will be introduced.

Kid-Nastics

Ages 4-5: Age appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility. Children will be introduced to basic gymnastic skills on the bars, beam, vault and floor exercise.

Advanced Kid-Nastics

Ages 4 - 5: For those 4 & 5 year olds who are ready for more advanced skills. Instructor approval required.

DEVELOPMENTAL PROGRAM

The following progressive, developmental program for children ages 6 – 12 yrs. is aligned with the USA gymnastics program levels 1 - 5. See our skill progression sheet at www.teamsideline.com/loveland for specific skills covered at each level.

Intro to Gymnastics

Ages 6 - 12: New to gymnastics? This is the place to start! You will be introduced to all apparatus and terminology and prepare for Novice, Level 1 and beyond.

Novice - Level 1 Ages 6 - 12: The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise.

Beginner - Level 2

Ages 6 - 12: For those who have completed and mastered the skills in level one and are ready for more challenging skills.

Advanced Beginner - Level 3

Ages 6 - 12: This level continues to build a strong foundation of skills on each event.

Intermediate - Level 4

Ages 6 - 12: A more involved class focusing on fine-tuning and correct execution of all gymnastics skills on all apparatus' while continuing to learn new skills.

Advanced Intermediate - Lev 5

Ages 6 - 12: Advanced skills, strength and flexibility will be emphasized.

Boys Gymnastics

Ages 4 - 6; 7 - 10: A boy's specific class to introduce the fundamentals of men's gymnastics.

OTHER CLASSES

Tumble Mania

Ages 3.5 - 5; 6 - 12: Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and skills on the Tumbl Trak. As the child progresses, more advanced tumbling skills will be introduced.

Homeschool Gymnastics

Ages 5 - 16: Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum.

Adult Gymnastics Fitness

Ages 16+: Round out your fitness routine with this unique class! We will teach and use basic gymnastics skills and equipment to increase whole body strength, flexibility and cardio. No gymnastics experience necessary!

