

Between ages six and ten, the child's world expands outward from the family as relationships are formed with friends, teachers, coaches, caregivers, and others. Because their experiences are expanding, many factors can alter children's actions and impact how they learn to get along. Some situations can create stress and effect self-esteem. During this age all areas of development vary tremendously. In ACADEMY each child works at his or her own pace and skill level. Our star incentive program allows children to keep track of what they have accomplished and what they are working towards. This allows for each child to progress at his or her own rate as daily performance may depend on the child's mood, his or her experiences with various types of people, or even what happened that day.

CLASS TIMES

See our online schedule!

ONCE A WEEK \$59.00 monthly

TWICE A WEEK \$109.15 monthly

Discounts apply for automatic withdraw & siblings

IDEAS FOR PARENTS

Children learn best by doing.

Try to demonstrate instructions for activities of projects.

Ask "What if...?" or "How could we solve this?" questions to help children develop problem-solving skills.

Reading signs, making lists, and counting prices are all exercises to practice sequencing skills.

Adults must pick battles carefully in order to limit nagging and maximize respect while children build confidence in their ability to make decisions.

Asking children if you can help them think about ways to talk with other children can provide guidance as they

Boys ages 6 and UP

ACADEMY STAR INCENTIVE PROGRAM



Tumbleweeds Gymnastics

Kids Camp & Cheer

2231 Meridian Blvd. #2

Minden, NV 89423

(775) 782-4496

www.tumbleweedsforkids.com

BIG TIME BOYS

LEVEL ↴

High bar:

- Pullover with box
- Hang swing 5X
- Cast 3X
- Support forward roll
- Hang 1/2 turn
- Jump toe on 3 swings

Floor:

- Forward & backward roll
- Cartwheel over box both sides
- Tripod
- Handstand with lunge
- Frogstand

Vault:

- Jump to landing position on floor
- Step hurdle to springboard
- Squat on block with landing
- Running drills arms 90°

P-Bars:

- Straddle travels
- Inverted pike hang 5 seconds
- Support swings 3X
- Tuck support hold
- Upper arm hang 3 seconds

Trampoline:

- Control bounce 5X to freeze
- Seat drop
- 1/2 turn both directions
- Straddle jump
- Tuck jump

★ *Star Incentive Program* ★

Our star program is designed to provide our gymnasts with awards and recognition for their skill progression. Our star award program also helps our instructors to better understand the individual needs of each child.

All Tumbleweed students receive a poster to take home to keep track of their star skills.

★ The last week of each month is star week.

★ During this week students will be working on reviewing previously learned star skills and earning stars for newly acquired skills.

★ Students will be able to pick up their new stars on the first week of each month. ★

We currently have students enrolled up to level 6.

For a list of higher level skills or classes call or come in to the office!

782-4GYM

BIG TIME BOYS

LEVEL ↴

High bar:

- Pullover x3 in a row
- Cast toe on 3x swing
- 5 swing regrasp
- Support forward roll hang tuck
- 5x straight body casts

Floor:

- Forward & backward straddle roll
- Handstand forward roll
- Headstand
- Cartwheel right & left

Vault:

- Squat on stick
- Straddle on stick
- Run handstand flat back
- Punch up to feet

P-Bars:

- Support 1/2 turn
- Support walk start to finish
- Upper arm swing
- "L" support hold 5 sec.
- Backwards walk start to finish

Trampoline:

- Bouncers routine: (10 bounces only) seat drop, 1/2 twist to seat, up to feet, jump with 1/2 twist, straddle toe touch, seat drop, to front drop, up to feet, tuck jump, full twist

Rings:

- Ring routine: jump catch, 3 swings, candlestick, inverted pike hang, skin the cat pullout, skin the cat dismount