

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 affect 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, 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

\$45 Registration fee may apply

## 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 negotiate social relationships.

# Girls ages 6 and UP



## ACADEMY

## STAR INCENTIVE PROGRAM

### Tumbleweeds Gymnastics

#### Kids Camp & Cheer

2231 Meridian Blvd. #2

Minden, NV 89423

**(775) 784-4496**

[www.tumbleweedsforkids.com](http://www.tumbleweedsforkids.com)

# BIG TIME GIRLS

## LEVEL ↘

### Bars:

- Pullover with box
- Single Knee swing up
- Support forward roll
- Glide bent knees 3X
- Jump toe on 3X Swings

### Floor:

- Forward & backward roll downhill
- Cartwheel over box both sides
- Piked handstand to roll on wall
- Handstand with lunge
- Bridge kickover with block

### Vault:

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

### Beam:

- Relève forward & backward
- Pivot turns both directions
- Grapevine
- Chassé forward
- Forward roll on line

### 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 7.**  
**For a list of higher level skills or classes call or come in to the office!**  
★ (775) 782-4496 ★

# BIG TIME GIRLS

## LEVEL ↘

### Bars:

- Pullover
- Straddle glide 2x, pike glide 2x
- Single leg swing up
- 5 toe touchers
- Cast horizontal 3x
- Jump toe on toe off dismount

### Floor:

- Forward & backward roll
- Handstand bridge on 2' mat
- Cartwheel both sides
- Handstand on wall 10 sec. lunge & roll
- Back bend to 8" mat

### Vault:

- Step hurdle punch to 8" mat
- Block punches
- Squat & straddle on to stick
- Stretch jump to 2' block

### Beam:

- Split leap to lunge
- Forward roll
- Cartwheel with mat
- Hitch kick
- Switch jumps
- Squat turn

### Trampoline:

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