



THE WILSON SCHOOL OF GYMNASTICS & DANCE



Advanced Gymnastics Class

Purpose:

- To provide a more advanced gymnastics environment to girls and boys who have competed, advanced beyond the 2-hour classes, and/or who participate in high school gymnastics.
- To train current and developing skills without traveling through traditional competitive levels and participating in competitive gymnastics.

Attached are the minimum skill requirements for this class. The coaches have the final decision on who is eligible for this class.

Beginning June 30th, the advanced gymnastics class will meet once per week on Wednesdays from 1:00 to 4:00. This class will run in 4-week sessions over the summer, tuition is \$75.00 per four-week session and must be paid in full the first day of each session. You are required to pay for each session in full regardless of attendance. There will be no exceptions to this policy. We will need a minimum of three children to sign up for the first session to run this class.

Session 1 \$75.00

June 30, July 7, July 14, July 21

Session 2 - \$75.00

July 28, August 4, August 11 and August 18

We will be closed for all classes the week of August 23rd. We will reopen for our fall/winter/spring programs on Monday August 30th. Provided this class runs through the summer and we have a sufficient interest level, we will include it on our fall schedule. This class will run on 6 weeks sessions during the fall/winter/spring. Tuition will be \$112.50 per session which will be payable in full the first class of each session. Tuition will be payable in full regardless of attendance. Our fall schedule should be online by the second week of July.

Classes are held in our gym located in the back building at the Chambersburg Trades Technology Center along route 11 at Sunset. The girls are expected to wear leotards and may wear snug fitting elastic waisted shorts over them.

We look forward to being able to meet the gymnastics needs of many high school aged and former competitive gymnasts who want to continue their training without the commitment level of competitive team. Please contact us to sign up for this class or if you have additional questions.

Sincerely yours,

Dolores (Lefty) White and Mr. Rod

Advanced Gymnastics Class

Minimum Skill Requirements

- Floor
 - Strong round-off
 - Lightly spotted back handspring
 - Handstand bridge-kick over
- Beam
 - Half turn
 - Cross handstand
 - Side handstand
- Vault
 - Flat back over table without spot and/or has done flat backs unspotted onto pit
- Bars
 - Pull-over
 - Cast back-hip circle or front hip circle
 - Mill circle

Gymnasts without USAG competitive experience must have the recommendation of an instructor to enroll in this class.