

## **Advance Progressive Gymnastics Frequently Asked Questions**

### **What is Athens Clarke Gymnastics Academy's Advance Progressive Gymnastics?**

This is not a competitive team. Athens Clarke Gymnastics Academy's Advance Progressive Gymnastics is a Rec League program that is designed to challenge students beyond the recreational classes and prepare others for competitive gymnastics should they desire to do so. Girls will learn skills and routines on all four events (vault, uneven bars, balance beam, and floor exercise). There may be an opportunity for the gymnasts to perform these routines in a special competition (once per school year) where they will be judged and given scores. This is a fantastic way for our gymnasts to be able to compete!

### **Does my child need any gymnastics experience?**

While we do not require an evaluation to participate in the 4 & 5 year old class, we do ask that the students have previous gymnastics experience prior to participating in these classes and that they receive a recommendation from their gymnastics instructor. The 6 & 7 year old and 8 & older classes require an evaluation and approval.

### **How can my child advance to the next class level?**

A gymnast can be evaluated for initial placement in a class level team by the coaching staff only. Once an athlete is assigned to a class, advancement to the next level may be achieved by testing or aging out of a level.

### **What is the commitment level?**

The length of one session. Athletes are committed to their class for the entire session. No long-term commitment beyond the session is required.

### **How many competitions are there and where are they held?**

While it is our goal to hold competitions at the end of each session, we will hold the competitions when the athletes have achieved their skills. Competitions will be held at Athens Clarke Gymnastics Academy in the Bishop Park Gym for all classes. The 6 & 7 year old and 8 and older teams may travel outside of Athens for additional competitions with other gyms if those are available.

### **How often do classes meet?**

Classes are held two days per week and last 55 minutes or 1 hour and 25 minutes depending on the class level.

### **Additional Costs**

An advance progressive leotard may be required. The cost of the leotard depends on the style and quantity order. Price range: \$75-\$90.