


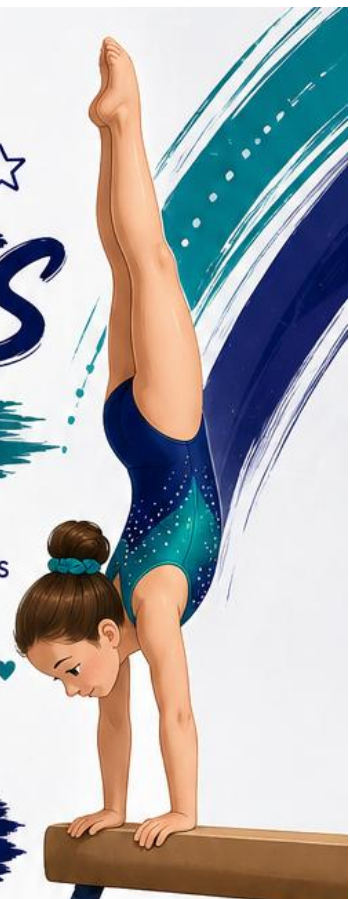


LEVEL 1-2 **GYMNASTS**

FOCUS • GROW • ACHIEVE

We're building strong foundations, developing key skills and bringing our routines to life!

Train hard, have fun and let your *gymnastics spirit* shine! 



WHAT WE'RE WORKING ON THIS TERM



BARS

- Kips & cast
- Front support
- Back hip circle
- Swing
- Strength & control



FLOOR

- Forward rolls
- Backward rolls
- Handstands
- Cartwheels
- Round-offs



BEAM

- Balance & poise
- Relevé walks
- Basic leaps
- Turns
- Beam confidence



VAULT

- Run & hurdle
- Straight jump
- Front support
- Safe landings
- Progression drills



ROUTINE PRACTICE

- Linking skills
- Choreography
- Performance
- Confidence
- Team spirit

WINTER CARNIVAL COMPETITION!



SUNDAY 28TH JUNE

We are learning and perfecting our routines to put on our best performance yet! Let's *shine bright* together on competition day!

GYMNASTICS SPIRIT IS...



POSITIVE ATTITUDE



PERSEVERANCE



PRIDE IN YOUR EFFORT



SUPPORT & RESPECT



JOY IN THE JOURNEY



 **DREAM IT. TRAIN IT. ACHIEVE IT.**

Be your **BEST.**

WE CAN'T WAIT TO SEE YOUR ROUTINES SHINE!