



Girls Inc. of SWCT's professionally developed, AAU certified gymnastics and/or Cheer programs have been designed to build motor skills in a fun and nurturing environment, while fostering enhanced emotional, intellectual and social skills. Extended participation in gymnastics and/or cheer classes will provide girls with many physical, cognitive and psychological benefits. The skills learned will continue to benefit them throughout their lives. Classes run on Tuesdays, Wednesdays and Saturdays in Waterbury CT, and are for girls ages 3 and up.

Tiny Tot Tumbling

The tiny tot girls will work on gymnastics and preschool equipment to help learn basic skills. These classes are specifically designed to develop fine and gross motor skills, strength, and body awareness. The girls are trained to perform very basic tumbling skills while building self-esteem and self confidence. This class is for girls ages 3 to 4.

Beginner 1 Gymnastics Classes

Beginner 1 gymnastics class girls learn basic tumbling and equipment skills with the use of mats, wedges, bars, beams and vaulting table. The classes are designed to begin the development of fine and gross motor skills, strength, flexibility, balance, basic tumbling and equipment skills. This class is for girls ages 5 and up.

Beginner 2 Gymnastics Classes

Beginner 2 gymnastics classes focus on progressive gymnastics skills by building on previously mastered techniques. Girls in this class will perfect beginning tumbling skills and will be introduced to intermediate tumbling and equipment skills. The classes are designed to further develop fine and gross motor skills, strength, flexibility, and balance. Additional benefits of this class include building self-esteem and self-confidence as basic skills are mastered. This class is for girls that have mastered the beginner 1 skills (ages 6 & up.)

Intermediate Gymnastics Class

The intermediate class focuses on advanced tumbling and equipment skills with emphasis on progressive skills leading to competitive level gymnastics. The girls are introduced to basic dance in the gymnastics setting. This class is for girls that have mastered the beginner 2 skills with the desire to increase their knowledge and skill level in gymnastics.

Advanced Gymnastics Class & Pre-Team

The girls will continue to work on advanced gymnastics techniques with the emphasis on connecting skills and incorporating dance elements to form routines. At this level, self-discipline and internal motivation are necessary for the girls to succeed. Girls will be responsible for working independently on mastering skills and routines. Advanced gymnast girls will meet once a week. Pre-team gymnast girls will meet twice a week and be expected to compete in home meets.

Team

Team girls are prepared to be successful in the gym and in life. Girls participating at this level are instructed on how to be contributing members of a team, they learn self discipline and responsibility. Our goal is to develop healthy, confident gymnasts who realize their potential and who work individually as well as in a group to accomplish a goal. Girls will work independently to master individual skills and routines. Girls at this level will be expected to practice 3 times a week and compete in a minimum of 10 meets a year.

Beginner and Advanced Cheerleading Classes

Skills, drills and strength are stressed in the cheerleading classes to help develop tumbling techniques and jumps utilized in cheerleading. Our Cheer and Tumble instructors work with girls of all skill and age levels to enhance their performance and increase their competitiveness. The beginner class is for girls ages 5 and up and will be working on basic tumbling skills and drills for Back Handsprings. The advanced class is for cheerleaders ages 5 and up and will be working on back handsprings, tucks, layouts and fulls.

For more information contact Linda Brown at lbrown@girlsincswct.org or Kelly Kerrigan at (203) 756-4639 or kkerrigan@girlsincswct.org .