



**CLARKSVILLE
ELITE
GYMNASTICS
CENTER**



Girls Recreational Gymnastics

Ages 6-17!

OUR FOCUS



Exercise by learning gymnastics while having fun creating flexibility and strength.



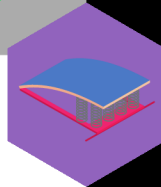
A well-structured and positive class that provides a supportive atmosphere for our students.



Gymnastics will provide social interaction, while fostering a sense of community and connection.

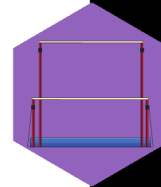
WHY CHOOSE US?

Gymnastics stands as a remarkable sport that demands mastery of both fine and gross motor skills, fostering a significant enhancement in your child's overall motor coordination. Delving into the intricacies of gymnastic maneuvers not only refines physical abilities but also serves as a catalyst for problem-solving, perseverance, and the development of cognitive capabilities.



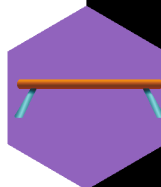
VAULT

On vault we work on how to run properly with arm motions while jumping onto the springboard. We also focus on what our body should look like while on the board, in the air after they jump, and how to land in a safe position. These basics will create a good foundation to allow them to learn more advanced vaults in our upper levels, such as handstand flatbacks and front handsprings.



BARS

On bars we not only introduce basic bar skills but we also work on the upper body strength needed to perform each skill. Skills we work on in the girls recreational program are front support, pullover, casts, circling skills, and dismounts. In order to properly execute these skills we also include chin holds, pull ups, tuck holds and pike ups. All skills are divided up between each level based on its difficulty. This ensures that our students have the strength and coordination to do each skill to the best of their ability.



BALANCE BEAM

On beam our students will work on various walks, both on flat feet and on relevé. Students will also practice jumps, turns, and various dismounts. We introduce handstands to our lower levels with various drills, while our upper levels work drills introducing cartwheels, and back walkovers. By the time your child reaches our highest level their form, poise, and confidence will be exceptional. All skills will be spread throughout each level to ensure your child's safety and execution of correct form.



FLOOR

Our floor station is filled with fun and engaging drills crafted to master gymnastic techniques from beginner to advanced levels. Guided by our instructors, they'll explore the intricacies of rolls, handstands, cartwheels, and a plethora of other skills, including those involving backbends. We prioritize safety above all else, ensuring that every skill is taught securely and tailored to your child's individual abilities. Progressions are carefully introduced into each level, guaranteeing that your child is fully prepared to safely advance and conquer new challenges with confidence.

CONTACT US



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