



**CLARKSVILLE  
ELITE  
GYMNASTICS  
CENTER**



# Where the real action is. Preschool Gymnastics

**Ages  
18mos-5yrs**

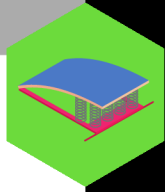


## OUR FOCUS

-  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.

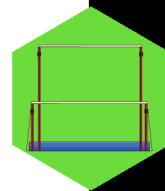
## WHY CHOOSE US?

Gymnastics is an excellent beginner sport that requires both fine and gross motor skills, helping to improve your child's overall motor coordination. Learning and mastering gymnastics skills works problem-solving, and the development of cognitive abilities.



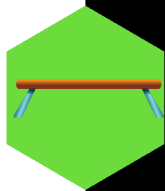
### VAULT

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 skills will be spread throughout each level to ensure skills are executed correctly, and that students are ready to move into our girls recreation program.



### BARS

On bars we not only introduce basic bar skills but we also work on upper body strength needed to perform each skill. Skills we work on in the preschool program are front support, pullover, casts 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 such as forward, backward, and sideways. They will start out doing skills on flat feet, and will progress into relevé walks meaning they will walk on the balls of their feet with their heels raised. Students will also practice standing on one foot and doing skills such as kicks, passè, and coupè. All skills will be spread throughout each level to ensure your child's safety and execution of correct form.




### FLOOR

On floor your child will engage in fun drills designed to help them master basic gymnastic techniques. They'll practice forward rolls, backward rolls, handstands, and cartwheels, learning with step by step instruction. These skills are incorporated in each level to ensure your child is fully prepared to perform them safely and with confidence in our girls recreation program.

## CONTACT US

 Program Coordinator - Codi Mitchell - [codi@clarksvilleelite.com](mailto:codi@clarksvilleelite.com)

 [www.clarksvilleelite.com](http://www.clarksvilleelite.com)

 931-906-1663

 2625 Madison St.  
Clarksville, TN 37043