



Strive Gymnastics

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Our Mission, Our Goal and Our Belief

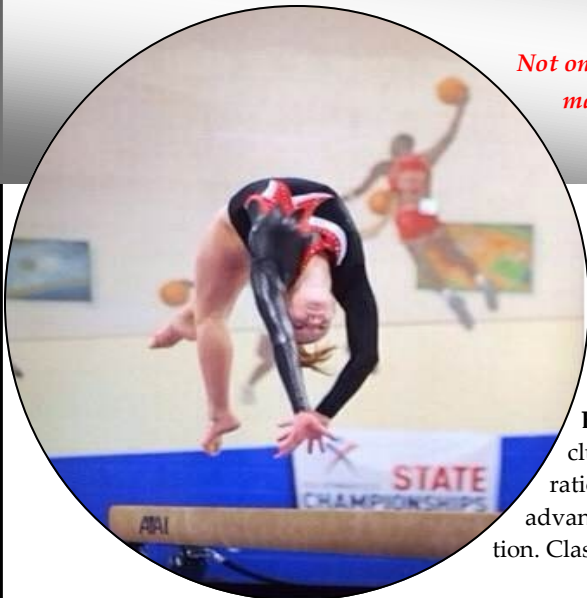
Our mission is to teach our students important life skills such as time management, personal discipline, and goal setting to help them become successful, healthy adults through the sport of gymnastics. Strive Gymnastics is devoted to building the athletes self-confidence and positive self-image while being physically active and striving to achieve one's personal best.

Our goal is to provide quality gymnastics instruction and fitness programs in an enjoyable, positive atmosphere where learning and achieving are fun.

Our belief is that children learn best in an atmosphere which fosters creativity and fun and is combined with positive reinforcement. One of our core company values is we truly believe that children need to enjoy the sport. We believe that developing this love of sport creates a lifetime of happy memories as well as encouraging physical activity as a way of life.

Why Gymnastics?

Not only does the sport provide a good, solid fitness foundation, gymnastics also provides many other benefits, from socialization skills to life skills to basics that can enhance performance in other sports



Preschool Classes - Introduction to basic gymnastic skills for ages 3-5. Activities include tumbling, low bar, floor beam and motor skills. This class offers a 6:1 teacher to student ratio.

Beginner— This class consists of basic gymnastic skills. Activities include vault, bars, beam, tumbling and basic dance. The teacher to student ratio is 8:1. Students learn skills safely through progressions. Students advance from beginner levels to Advance Beginner through instructor evaluation. Classes are offered for both Boys & Girls

Advanced Beginner/Intermediate— Advanced Beginner/Intermediate classes offer a more challenging class for the gymnast who has mastered the Beginner level skills. Classes are offered for both Boys & Girls.

Jr. high/Rec— The Jr. High/Rec Class offers an age appropriate class for the gymnast who would like to challenge themselves in a Non Competitive atmosphere.

Rookie Team— This program is an introductory competitive level. Gymnasts are allowed to compete in smaller, local meets in a fun atmosphere.

Xcel Program - This competitive program is a less intensive team which allows the gymnast the opportunity to compete without the time commitment required of the Compulsory and Optional level team. Students Progress from Bronze, Silver, Gold, Platinum and Diamond Levels by score achievement and skill readiness. It is the ideal program for the gymnast who also participates in other sports.

Level 3 Junior Olympic Compulsory Team - This team is designed for the first year compulsory competitor who has progressed through Rookie level. Advancement is by instructor evaluation.

Level 4 & 5 Junior Olympic Compulsory Team - This is a competitive compulsory level and consists of basic compulsory skills. Progression to the next level is by score mobility and skill readiness.

Optional Junior Olympic Levels 6, 7, 8, 9 & 10— This team is comprised of Optional competitive levels. These levels are achieved by score mobility, mental and skill readiness

Acro Tumbling—This specialized tumbling class will provide the opportunity for cheerleaders/Tumblers to learn & perfect tumbling skills.

Open Workout— Work on the skills you choose with coaches available to spot and assist.



Check our webpage often for updates!!
www.strivegymnastics.com

