



ABK Gymnastics

Frequently Asked Questions

(your FAQ sheet)



1. What class should I enroll my child in?

That will depend on the age of your child, and for what type of class they are looking for.. Children walking to approx. 5 years of age would be in our Pre-school Gymnastics. While kids kindergarten aged children up to 17 years of age would be in our Recreational Gymnastics, Power Tumbling, or Competitive Team programs. (Competitive Team is through Department Leader approval)

2. What is Pre-school Gymnastics?

These are gymnastic classes that are geared towards the child in preschool and younger. It encompasses basic motor coordination, cognitive development, and learning to work in a class environment. Here children use all the different apparatus as they discover the capabilities of their bodies. For more information please see our one sheet program flyer, or talk to our Gymnastics Department Leader.

3. What is Recreational Gymnastics and Power Tumbling?

Recreational Gymnastics is a non-competitive program for children to learn gymnastics in. In these classes the children will use all the different gymnastic apparatus. Bars, beam, spring floor, vault, and trampolines for girl's classes. And the single bar, parallel bars, rings, mushroom, spring floor, vault, and trampolines for the boy's classes.

'Power Tumbling' is a specialized sport where the focus is on tumbling and flipping. We use the spring floors, mini tramps, and trampolines during this class. A great class for those with a lot of energy!

4. What is Competitive Team Gymnastics?

Competition Gymnastics is available for both boys and girls. It is the part of our gymnastic program that travels to compete against other gymnasts from other gymnastic clubs. There are several levels in both girls and boys gymnastics that these kids compete in. The athletes on our competitive teams are invited to join this group only from the gymnastics department leader, or the head competitive team coach.

5. What is the skill level of my child?

We have a seven level system for our and Girl's and Boy's Recreational Gymnastic classes. Each child has a skill card in their instructors notebooks. These cards have all the skills that the children are instructed on during their classes. Every 6 weeks we evaluate the children on their skills to determine who is ready to move up. When a child has succeeded in completing all the skills of a particular level they will receive a Certificate of Accomplishment, a level specific bracelet for them to wear in class, and a medal to commemorate the event!



(FAQ continued...)

6. What should my child wear for class?

For girls leotards are great. T-shirts and shorts work also. Please no buttons, or zippers on the clothes, or bobby pins in hair. All gymnasts must have bare feet.

7. How will I know when my child is ready to move up?

We do gymnastic evaluations every 8 weeks. If your child has reached a point that they are ready to advance, and have passed the skills of their level, they will receive their new bracelet of their level, a 'Certificate of Advancement', and a medal to signify their accomplishment. If you have questions on what your child needs to work on, or on how close they are to moving up, our Gymnastics Director will be more than willing to help you with the answers.

8. What are the "Gymnastic Bracelets"?

They are part of our level system we have for the boys and girls in our gymnastic program. Each color of bracelet represents a different level of gymnastics. Each time your child moves up a level they will receive the new color bracelet for that level. Please have your child wear these bracelets to their classes on their wrists, or ankles.

9. How long are the classes?

Our Pre-school classes are 45 to 60 minutes in length; while our Recreational and Power Tumbling classes are 1 to 2 hours in length.

10. How often should my child attend classes?

Kids going two or more times a week have the advantage of extra instruction and practice, which helps advance them more effectively through the levels. We do have students attending one, two, and even three or more days a week. It really depends on your child, and what they are looking for with their sport.

11. If my child has to miss a class can they make it up?

We encourage all gymnasts to attend their regularly scheduled classes, but have make up classes available for them if they have to miss. If you decide to do a make up class they are available for recreational gymnasts on Wednesdays at 5:30 pm, and Saturdays at 11:00 am. And for our preschool gymnasts (Tumble Tots & Gym Kids) we have make up classes available on Tuesdays at 6:45 pm, and Thursdays at 9:45 am. Make sure you call the front desk ahead of time to find out if there is space available for the make up class you would like to attend.

12. Does my child need any special equipment to participate in classes?

All they need is energy and a strong desire for fun! Sometimes when a child enjoys swinging a lot of bars they choose to buy special leather grips for swinging. These are available at the ABK Pro Shop.