

Welcome to



Wonder Girls

THINGS TO KNOW ABOUT OUR WONDER GIRLS

1: WONDER GIRL'S IS SPECIFICALLY DESIGNED TO HELP YOUR DAUGHTER TO PROGRESS IN GYMNASTICS IN A FUN, SAFE, AND POSITIVE ENVIRONMENT. THIS PROGRAM IS DESIGNED FOR **AGES 4+**. ALL OUR WONDER GIRL CLASSES MEET TWICE A WEEK FOR **ONE HOUR OR TWO HOURS**. THIS WILL GIVE YOUR DAUGHTER MORE OPPORTUNITIES FOR PRACTICE AND WILL INCREASE THEIR CHANCE OF SUCCESS. ALSO, GIRLS WHO EXPERIENCE SUCCESS AND ENCOURAGEMENT AT A YOUNG AGE ARE MORE LIKELY TO REMAIN CONFIDENT THROUGH THEIR CRUCIAL TWEEN-TEEN YEARS.

2: THE WONDER GIRL'S PROGRAM WILL TRAIN SKILLS PROGRESSIVELY ON ALL 4 EVENTS: **VAULT, BARS, BEAM AND FLOOR**. YOUR DAUGHTER WILL HAVE THE OPPORTUNITY TO SHOW OFF HER SKILLS IN OUR BI-YEARLY SHOWCASES. AT THIS SHOW, EACH WONDER GIRL WILL DISPLAY THE SKILLS THEY HAVE LEARNED WHILE PERFORMING ROUTINES ON EACH EVENT. THIS SHOW WILL ALSO BE AN OPPORTUNITY TO CELEBRATE LEVEL ADVANCEMENT FOR THOSE ATHLETES WHO ARE READY TO PROGRESS.

3: OUR WONDER GIRL'S PROGRAM WILL ENCOURAGE GROWTH IN YOUR DAUGHTER THROUGH OUR SPECIAL **LEVEL UP BACKPACKS**. EACH WONDER GIRL WILL RECEIVE A BACKPACK THAT CORRESPONDS WITH THEIR LEVEL. EVERY TIME YOUR CHILD EXPERIENCES SUCCESS PHYSICALLY, EMOTIONALLY, OR INTERPERSONALLY, THEY WILL BE AWARDED WITH **WONDER GIRL PINS** TO PROUDLY DISPLAY ON THEIR BACKPACK!





Wonder Girls

Level One:

Entry level for recreational gymnasts with some experience. The focus here is on basic core skills and developing strength, flexibility, coordination and balance. This level has specific skill requirements for successful completion.

- Backpack included
- One hour 2x per week
- \$270 per session (8 weeks)
- Bi-yearly showcases
- Quarterly clinics
- Quaterly Parent Workshops

Level Two:

Continuing the focus of their basic core skills and development while also implementing higher skill based gymnastics with introducing the understanding of competition.

- Backpack included
- Two hour 2x per week
- \$395 per session (8 weeks)
- Bi-yearly showcases
- Quarterly clinics
- Quaterly Parent Workshops

Level Three:

Continuing the development of their higher level skills and/or having the opportunity to be able to compete in USAIGC meets and at the state or regional level.

- Backpack included
- Two hour 2x per week
- \$395 per session (8 weeks)
- Bi-yearly showcases
- Quarterly clinics
- Quarterly Parent Workshops



WONDER GIRL

Pins

HERE ARE ALL THE PINS THAT YOUR
DAUGHTER CAN EARN!

Skills For Pins



CARTWHEEL
ROUND-OFF
HANDSTAND
HANDSTAND FORWARD ROLL
BACKWARD ROLL TO PUSH-UP
BACK HANDSPRING
BACK WALKOVER
FRONT WALKOVER
FRONT HANDSPRING
ROUND-OFF BACK HANDSPRING
FRONT TUCK
BACK TUCK
LEAP
HALF TURN/FULL TURN
GOOD LEG SPLIT
STRADDLE/SPLIT JUMP

PULLOVER
BACK HIP CIRCLE
FRONT HIP CIRCLE
UNDERSWING DISMOUNT
KIP
HORIZONTAL CAST
SQUAT ON
LONG HANG PULL-OVER
LONG HANG KIP
TAP SWINGS
FLYAWAY

CARTWHEEL
FULL HANDSTAND
BACK WALKOVER
BACK HANDSPRING
FULL TURN
HALF TURN
ARABESK TO SCALE
STRAIGHT JUMP
TUCK JUMP
SPLIT JUMP
LEAP
ROUND OFF DISMOUNT
FRONT HANDSPRING DISMOUNT
FRONT TUCK DISMOUNT
BACK TUCK DISMOUNT

ARM-CIRCLE JUMP
HS FLAT-BACK
HALF-ON
FRONT HANDSPRING

THESE SKILLS WILL COME
WITH

HARD WORK



Wonder Girls



Wonder Girls



HOW TO BE A

WONDER GIRL

- DOING CHORES AROUND THE HOUSE
- HELPING SOMEONE
- DOING YOUR HOMEWORK
- BEING KIND TO OTHERS
- BEING A GOOD LISTENER
- BEING RESPECTFUL
- BEING A GOOD ROLE MODEL
- OTHER

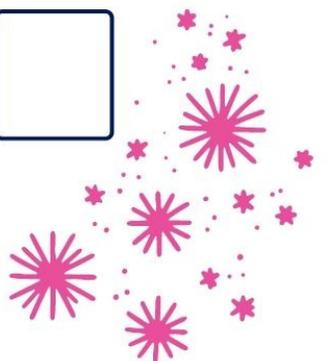
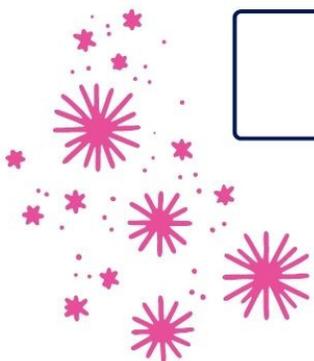
YOUR DAUGHTER CAN EARN A SPECIAL *Wonder Girl* PIN BY COMPLETING THE FOLLOWING TASKS. IF YOU WANT THEM TO IMPROVE THEIR BEHAVIOR AND SHOW THAT THEY ARE A **WONDER GIRL**, CHECK OUT THE CHART!



Wonder Girls

This Wonder Girl chart is for:

I'm working towards:



WONDER GIRL SKILLS CHART

NAME: _____

LEVEL: _____

SKILLS ACHIEVED:

FLOOR:

- CARTWHEEL
- ROUND-OFF
- HANDSTAND
- HANDSTAND FORWARD ROLL
- BACKWARD ROLL TO PUSH-UP
- BACK HANDSPRING
- FRONT HANDSPRING
- BACK WALKOVER
- FRONT WALKOVER
- FRONT HANDSPRING
- FRONT TUCK
- BACK TUCK
- ROBH
- LEAP
- URNS
- JUMPS
- SPLIT

BAR:

- PULL OVER
- BACK HIP CIRCLE
- FRONT HIP CIRCLE
- UNDERSWING DISMOUNT
- KIP
- HORIZONTAL CAST
- SQUAT ON
- LONG HANG PULL OVER
- LONG HANG KIP
- TAP SWINGS
- FLY AWAY

BEAM:

- FULL HANDSTAND
- CARTWHEEL
- BACK WALKOVER
- BACK HANDSPRING
- HALF TURN
- FULL TURN
- ARABESK TO SCALE
- STRAIGHT JUMP
- TUCK JUMP
- SPLIT JUMP
- LEAP
- ROUND OFF DISMOUNT
- FRONT HS DISMOUNT
- FRONT TUCK DISMOUNT
- BACK TUCK DISMOUNT

VAULT:

- ARM CIRCLE JUMP
- HANDSTAND FLAT BACK
- HALF-ON
- FRONT HANDSPRING