



GymBeat Junior FAQ (Frequently Asked Questions)

What determines which class my child is placed in?

When a child first starts our GymBeat Jr. Program, we place him/her into a class based on their age.

What will my child do in class?

Students will learn age appropriate gymnastics skills, engage in fun group activities, and learn socialization. Please see back of sheet for more details.

What is the difference between Pre-K and Beginning Gym Jr.?

Age, strength, coordination, and focus. In pre-k classes, we focus on the very basics of movement with a gymnastics emphasis. Many of these children still need a lot of help with coordination and need to gain strength. In addition, Pre-K students are just beginning to learn how to be a part of a class without their parent's guidance. They're learning how to wait their turn, share, listen to the teacher, stay in line, stay in class, and take directions. In Beginning Gym Jr., we expect more of our students. We will be learning skills that build the foundation to gymnastics. These skills require strength and a moderate amount of coordination. In addition, in order to learn these skills properly they will have to be able to listen to the teacher, take directions, make corrections to their form based on the teacher's feedback, and work on the skills on their own. By 5 years old, most children have this capability without having taken a sport previously to coming to Gymnastics Beat. In some cases, through taking our pre-k classes, children gain the strength and focus needed to participate in a Beginning Gym Jr. class before the age of 5. If you think your child qualifies, please talk with the teacher and we'd be happy to give them an evaluation.

It seems like they are doing the same thing over and over again in Pre-K. Is my child learning anything?

YES! Children aged 2-4 *need* to repeat the same actions over and over again in order to get the hang of basic motor functions. Children are dealing with a lot of roadblocks at this age - they have a shortened attention span, lessened visual ability, and can only focus on a few things at a time. Asking a child to do specific movements with their limbs or torso and keep balance is may overload their command central. While we're telling them to tuck their head and roll, they might be thinking, "don't fall on my head". Because of all of these reasons, a shortened attention span, being newcomers to motor coordination, and still not having the best visual or balance abilities, repetition is the way that children sort out the kinks of the basics of movement. Not only that, but they also cannot retain and memorize moves (physically or mentally) as easily as an older child (say 5 or 6) so doing it over and over again is a must. "Adults may not be able to understand that these activities really do take some effort for children." (p. 34 Sports Success Rx – Paul R. Stricker, M.D.)

My child has taken gymnastics before, and may be advanced for her age. Should she start in a pre-K class?

Please let us know if this is the case. Most of the time we will still place your child into a class based on her age regardless of previous gymnastics experience. After 1 or 2 classes the teacher will be able to tell which class your child belongs in and move her accordingly.

My child has been in Pre-K classes for about 1 year. How will I know when my child is ready to move up?

This is mainly for the teacher to judge. At Gymnastics Beat, not only do our teachers keep an eye on student's progress, but you can also ask for your child to be tested for the next level. Rule of thumb: Can your child stay in line and follow the coach's instructions? Can she easily do forward and backward rolls? If so, it may be time to move up. Please talk to your coach or to the front desk for an evaluation.

My child is in Beginning Gym Jr. She's doing really well in class and can do all of the skills with ease. What's the next step for her?

Good question! If your child can easily do moves like forward rolls, backward rolls, handstands and cartwheels, she is probably ready for the next level. You have 2 options: 1) Advanced Gym Jr. – weekly hour-long classes that teach more challenging material. Children must pass an evaluation to enter Advanced Gym Jr. 2) Shooting Stars – Gymnastics Beat's Junior Preteam run by our Team Coach – Helena Guzman. Classes are 1 ½ hour long. Shooting Stars must tryout for a position. Ask for more information at the front desk.

GymBeat Junior – Placement Guide

Parent & Me: AGES 1 – 2 ½

- Children for the most part cannot stay focused, stay with class, or take direction
- Children this age have just begun to walk. They are learning how to balance on their feet, jump, and run. They will be building muscle, balance skills, and coordination through jumping, climbing, and walking on balance beams.
- Parents must be there to assist their child with class activities and keep the child from wandering the gym
- Children learn a few elementary gymnastics skills and practice basic motor skills with the assistance of their parents or the coach
- Classes take place on the Tumble Track, Trampoline, and the GymBeat Jr. Obstacle Course

Little Pre-K: AGES 2 ½ - 3

- Children are able to stay in class and take direction without mom or dad around
- Children learn beginner's gymnastics skills and practicing basic motor skills
- Kids this age are still just learning how to move. They need to repeat the same moves over and over again to build up their strength and coordination.
- Children are also learning how to take direction from the teacher; how to stay in line; how to socialize with other students; listening skills
- Classes take place on the Tumble Track, Trampoline, and the GymBeat Jr. Obstacle Course.

Big Pre-K: AGE 4

- Children are able to stay in class and take direction without mom or dad around
- Children are getting better at concentrating in class, but still may have some issues with following the coaches instructions or staying in line/taking turns
- Coordination is improving greatly, but children are still sorting out the kinks with learning movement
- Children learn beginner's gymnastics skills
- Classes take place on the Tumble Track, Trampoline, Low Beam, and the GymBeat Jr. Obstacle course

Beginning Gym Junior: AGE 5

- Children are able to stay in class and take direction without mom or dad around
- Children are able to follow coach instructions, work on corrections to their skills, stay in line, listen, and most importantly work on a skill on their own
- Basic motor coordination development is almost complete
- Classes are near identical to our level 1 recreational classes, but geared towards 5 year old children.
- Classes take place on Mini Bars, Floor, Beam, Tumble Track, Trampoline, and the GymBeat Jr. Obstacle course
- Younger children may join this class based on ability