



Dear Parent

Omega's curriculum is based on the progressions suggested by the USA and the AmeriKiDS age group programs and ensures continuity with gym programs across the nation. Our Gymnasts must master the skills listed with an asterisk(*) in order to advance to the next level. Instructors perform constant evaluation of their gymnasts, and will advance them to the next level as soon as they observe satisfactory completion of a skill no fewer than three (3) times in a row without falter.

BEGINNER GIRLS GYMNASTICS

<u>VAULT</u>	<u>UNEVEN BARS</u>	<u>BALANCE BEAM</u>	<u>FLOOR EXERCISE</u>
<ul style="list-style-type: none"> • Arm technique • Bottom kicks • Knee ups • Proper board technique • Correct hurdle • Straight jump onto mat 	<ul style="list-style-type: none"> • Front support • Cast • Cast push away • Glide—no jump • Pull-over/pullover bar • Pull-over to support* • Back hip circle(spotted)* • Stick technique 	<ul style="list-style-type: none"> • Front support • Leg cut to straddle sit • Straddle sit to stand • Arabesque • Releve' walks-forward • Releve' walks-sideways • Releve' walks-backward • Straight jump dismount • Stick technique 	<ul style="list-style-type: none"> • Forward roll • Backward roll • Cartwheel* • Bridge up • Tripod • Bridge down to incline* • Kickover on incline* • Partial handstand* • Body positions

ADVANCED BEGINNER GIRLS GYMNASTICS

<u>VAULT</u>	<u>UNEVEN BARS</u>	<u>BALANCE BEAM</u>	<u>FLOOR EXERCISE</u>
<ul style="list-style-type: none"> • Run technique • Hurdle over carpet • Arm circle • Hurdle scoop jump • Correct hurdle • Straight jump-perfected • Handstand flat fall* 	<ul style="list-style-type: none"> • Chin up • Back hip circle • Jump straddle floor bar • Leg lift to stride support • Backward leg lift • Glide—with jump • Pull-over to support* • 3 casts back hip circle* 	<ul style="list-style-type: none"> • Front support • Leg cut-straight legs • V-sit • Arabesque • Lever to "T" floor beam • Partial lever to lunge* • Straight jump on beam • Pivot turn 	<ul style="list-style-type: none"> • Forward straddle roll • Tripod to headstand • Cartwheel--perfected • Handstand to lunge* • Vertical handstand • Round-off* • Bridge down* • Bridge kickover*