

CLUB GYMANSTICS PROGRAM

PROGRAM OVERVIEW

Join our fun and flexible Club Gymnastics Team, where gymnasts can control their own competitive experience! Designed for athletes who want to compete without the time commitment of traditional competitive teams. With just one day of practice a week, this program offers the thrill of competition in a low-pressure, supportive environment—perfect for busy families and homeschool athletes. Each practice will shape and challenge gymnasts based on their personal strengths and weaknesses. It allows gymnasts to experience a competitive team program without additional travel, practice times and expenses.

ACTIVITIES AND PROGRAMS



Inner-gym competitions (no travel)



Individualized per athlete—music, skills, and choreography tailored to strengths



Fun and friendly competition among teammates



Number of Meets: 4 annually

Eligibility

- Minimum Age: 8 years old
- Skill Requirements: Evaluation or Coach Recommendation
- No Tryouts Needed: All athletes welcome with coach approval

HOW TO JOIN

Step 1: Schedule an evaluation or info session for placement

Step 2: Complete registration and pay fees

Step 3: Attend your first practice and begin your gymnastics journey

BENEFITS OF MEMBERSHIP

- Start Competing Immediately – No invitation required
- Individualized Routines – More fun, less stress
- Event Specialization – Gymnasts can compete 1 to 4 events
- Affordable & Accessible – Lower costs than traditional USAG teams