

BTYC GYMNASTICS
GIRLS AND
BOYS
RECREATIONAL
PROGRAM





HOW OUR PROGRAM WORKS

AT BTYC, WE SEPARATE OUR 1 HOUR PROGRAM INTO 6 LEVELS;

Bronze Beginners, Bronze Blazers, Silver Starters, Silver Stars, Gold Gladiators and Gold Graduates.

These levels are progressive and sequential which enables a smooth transition between each level of the program.

As a result, children usually move through the one hour program from the bronze level to the gold level.

It is usual for a child to take up to six months to complete one level of the program.

From any level in the Recreational Program, children can be invited to participate in a Two Hour Recreational class, a Gymstar class or a Squad class.

We ability stream our classes here at BTYC to ensure that we are teaching to each child's level of skill and ability. This means that all the girls and boys in the one class are at a similar level and coaches are able to plan for consistent progression. Age is a secondary factor in placing children in one-hour classes; however, we try to keep similar aged children together where possible.





1 HOUR REC

BRONZE

At the Bronze levels of the program the focus is on shapes, safety and fundamental movement patterns such as running and jumping. We aim to provide a structured class that teaches children confidence and body awareness through fun, physical activities. At the bronze levels, children will also begin to learn basic gymnastic skills through the development of correct shapes and techniques.

SILVER

At the Silver levels of the program we focus on the consolidation of gymnastics skills on all apparatus. Skills such as handstands, cartwheels, swings, jumps and rolls are taught through progressive drills and activities. There is a greater emphasis on presentation at the silver levels and children are encouraged to constantly point their toes and keep their legs straight.

GOLD

At the Gold levels of the program there is a focus on perfection and extension. At these levels children are expected to be more consistent, confident and capable as they move around the gymnasium. We aim to extend their repertoire of gymnastics skills and place a greater emphasis on strength activities to get them ready for a higher-level class.



WHAT COMES NEXT

GIRLS

After the one-hour recreational levels, the girls progress to the 2hr Recreational program which consists of two levels; 2hr Springers, 2hr Saulters. Once they have passed this, they will move onto the Advanced 2.5hr class levels; Twisters and Tumblers. These levels are also sequential and the girls will move from one level to the next as they progress through the required skills and strength.

BOYS

For the boys, they progress through to their 2hr Recreational program which is called Junior Team Freestyle. The emphasis is on athlete retention and hence we teach more 'tricking' and 'tumbling' skills that boys love to do. They are taught to flip and sault safely through progressive drills, utilising the foam pit and floor apparatus. After the boys have passed this level they are invited to Senior Team Freestyle where they are extended in strength and technique.



CONTACT US

GIRLS REC

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BOYS REC

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