



Why does my child need to start in a Rollie Pollie class?

1. One of the most important factors in gymnastics is confidence. Your child needs to have the confidence in themselves to try new skills and push themselves to try something brand new that they have never attempted before.
It is not an easy feat for a child to walk into a new environment and go into a brand new class on their own. They are also going into a class with a coach they have not built a trusting relationship with just yet. And on top of all of that! Their coach is asking them to flip over objects, go upside down and sideways and do all sorts of things that don't seem natural to them.
2. Now knowing that we want your child to build as much confidence as they can in order to shine and attempt new skills in order to grow in this sport, our Rollie Pollie classes are the perfect place for your child to start. Our Rollie Pollie classes
 - Are in a smaller, closed off environment where your child can focus on only their class and their coach
 - Our Rollie Pollie classes teach terminology like "front support", "cast", "lever", "lunge" and so many other terms that your child will need throughout their classes
 - Have smaller ratios. The maximum number of students in each class is 6, which allows more one on one attention for your child to maximize their progress and success

What if my child gets bored with the curriculum?

Our Rollie Pollie curriculum has the exact same skills as our Girls Beginner classes. Your child will be learning all the foundational skills on all four Olympic events. Our Rollie Pollie classes offer more visual aids to keep your child excited about class and to help with their progressions. All of our props during each class help your child's brain focus on different parts of each skill. Each gymnastics skill requires all body parts to be working together and in harmony with each other while sometimes moving in different rhythms and directions. Our props help your child understand what body part and which action we want them to focus on for that particular skill.

What is our goal?

Our goal is to keep your child excited and progressing in the sport of gymnastics. We will find that happy medium and that perfect class for your child where they are excited, confident and learning new skills. We never want to leave a child in a class where they are not learning anything, but we also will not push your child too fast where they end up in a class that makes them feel inadequately prepared and uncomfortable. Our coaches are trained to know how to find that perfect class for your child.