



## Our Mission

At Sun Country, our gymnastics programs reflect our overall commitment to providing the highest quality gymnastics to every child who walks through our doors. We are dedicated to providing a challenging, safe, positive gymnastics environment where children learn the fundamental and advanced concepts of the sport. Our athletes develop a strong work ethic, self-discipline, dedication, goal setting skills and continually build self-esteem.

Sun Country has the coaches, contacts, facilities, equipment and proven track record to get any child to the next level. Whether your next level is a college scholarship or building on your gymnastics foundation to stay active and compete in another sport.



### AAU Team

Girls ages 6-18  
AAU / Competitive

The Amateur Athletic Union (AAU) is a national organization dedicated to the promotion and development of amateur sports. AAU Gymnastics provides the opportunity for gymnasts to learn the fundamentals of each apparatus. Competition is divided by the athlete's age and skill levels. Competitors compete on the local, state, and national level.



### USAG Team

Boys and Girls ages 6-18  
USAG / Competitive

USA Gymnastics is the sole national governing body for the sport of gymnastics in the United States. This designation comes from the U.S. Olympic Committee, and the International Gymnastics Federation. Sun Country's USAG Team competes at the highest levels possible in the sport. Competition is divided by skill levels. Competitors compete on the local, state, and national level.



### Trampoline & Tumbling

Boys and Girls ages 6-18  
USAG / Competitive

USA Gymnastics Trampoline & Tumbling programs are divided into three events; Trampoline, Power Tumbling and Double Mini-Trampoline.

## Our Curriculum

Gymnastics is a foundational sports. This means that the movements and skills learned in gymnastics build a foundation for all physical activity. Strength, flexibility and agility are developed starting at the very first levels.

# SUN COUNTRY SPORTS Gymnastics

Toddlers

Tumble Tots

GymStars

Rainbow  
Gymnastics

Trampoline

Tumbling

AAU Team

USAG Team

Trampoline &  
Tumbling

SUN COUNTRY<sup>SM</sup>  
SPORTS CENTER

"AT THE CENTER OF IT ALL"

SUN COUNTRY SPORTS - WEST  
333 S.W. 140th Terrace • Jonesville, Florida 32669  
Phone: (352) 331-8773

SUN COUNTRY SPORTS - MILLHOPPER  
4010 N.W. 27th Lane • Gainesville, Florida 32606  
Phone: (352) 378-8711



**SUNBURSTS:**



**Toddlers**

Boys and Girls ages 18 months to 2.5 years  
*Child + Parent*

Our Toddlers classes are designed to develop coordination, agility, strength, flexibility, balance, and motor skills. Children will build their physical fitness as well as their confidence and self-esteem as they jump, roll and tumble. An obstacle course is introduced, as are trampolines, climbing castle and foam pit. Songs, music and group activities help to make these parent/child classes a blast!



**Tumble Tots**

Boys and Girls ages 2.5 to 3.5 years  
*Child + Parent*

Tumble Tots is a structured class providing children with a solid foundation on which to build their gymnastics skills. For these almost independent gymnasts, each week provides a different theme that incorporates gymnastics, games, music, and lots of fun and movement.



**GymStars**

Boys and Girls ages 3.5 to 5 years

GymStars is for children who can separate comfortably from their parents. This is a structured, theme-related gymnastics class with a warm-up, obstacle course and rotations, providing more advanced gymnastics opportunities.

Cooperative games and explore time in our KidZone play area, in-ground foam pit and trampoline are also experienced each week. Our annual GymStars show is an exciting event for family members to see what their children are learning in their weekly classes.



**Rainbow Gymnastics**

Boys and Girls Ages 5+

This program, exclusive to Sun Country, is a positive reward system used to teach gymnastics to boys and girls. Sun Country uses an innovative advancement system for all gymnasts that incorporates the colors of the rainbow. All students earn ribbons on each event in the gym. It is a positive, no-fail system that progresses students through gymnastics at their own pace.

Girls earn ribbons on Vault, Uneven Bars, Balance Beam, and Floor Exercise. Boys earn ribbons on Vault, High Bar, Parallel Bars, Pommel Horse, Still Rings, and Floor Exercise.

Seasons feature Rainbow Meets that give athletes the opportunity to showcase the skills they have acquired to family, friends, and our community. Their goal is to do the very best that they can and every gymnast is rewarded for their hard work and accomplishments.



**Trampoline**

Boys and Girls ages 5+

Trampoline class is for children that want to advance their skills on the trampoline. Skill development and aerial awareness are developed. Everyone loves jumping on the trampoline and this is a great opportunity for athletes to have a great time, develop strength and coordination and progress towards competitive trampoline skills or simply get stronger on the trampoline.



**Tumbling**

Boys and Girls ages 5+

Tumbling is a great foundation for upper level gymnastics, cheerleading, dance and many other sports. Classes focus on developing each child's tumbling ability and preparing them for upper level skills. Strength and flexibility are increased as your child progresses from basic forward and backward rolls to back handsprings, punch fronts and tumbling passes.