



## ABOUT TEAM SUN COUNTRY GYMNASTICS

Sun Country Sports Center® offers both competitive gymnastics and trampoline and tumbling programs. These are traditionally offered by invitation only to those children that excel in the gym and desire accelerated instruction.

We offer competitive team programs for boys + girls ages 6 to 18. Many of our competitive team members go on to compete at the collegiate level.

Our boys + girls Junior Olympic teams train in our Millhopper facility with over 15,000 square feet of workout space. Our girls XCEL and Trampoline and Tumbling teams train in our 40,000-square foot West/Jonesville facility.



**"If you're having fun,  
that's when the best  
memories are built."**

- SIMONE BILES -



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SUN COUNTRY SPORTS CENTER®



## ABOUT SUN COUNTY GYMNASTICS

Since its opening, Sun Country has been the premier training grounds for the Gainesville area's top gymnasts. Our gymnastics programs reflect our overall commitment to providing the highest quality gymnastics to every child who walks through our doors.

Gymnastics is a foundational sport. This means that the movement and the skills learned in gymnastics are the building blocks that form a solid foundation for all physical activity. Strength, endurance, flexibility, coordination, and confidence are developed starting at the very first levels in our Sunbursts and GymStars classes and continue through our Rainbow and competitive programs.

Our mission is to instill a love of gymnastics and provide a solid foundation for any other sport a child may wish to pursue. To strengthen children's bodies and self-esteem in a challenging, positive, enjoyable, and sound environment. To promote overall fitness by teaching fun and exciting classes in a safe and progressive manner.



### SUNBURSTS TODDLERS

BOYS + GIRLS • AGES 18 MONTHS - 2.5 YEARS  
( CHILD + PARENT )

This playful parent/child class is centered on age appropriate development and movement. An obstacle course is introduced, as well as the use of our climbing castle, in-ground foam pit, miniature rock wall and trampoline. Songs, music and group activities help to make this parent child class a blast!



### SUNBURSTS TUMBLE TOTS

BOYS + GIRLS • AGES 2.6 YEARS - 3.5 YEARS  
( CHILD + PARENT )

Still accompanied by a parent, this program introduces the child to a more structured gymnastics class, still providing the freedom a child this age requires. For these almost independent gymnasts each week provides a different theme that incorporates gymnastics, music, and lots of fun and movement.



### GYMSTARS

BOYS + GIRLS • AGES 3.6 YEARS - 5 YEARS

Children who can separate comfortably from their parent are appropriate for this class. 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 climbing castle, 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 children are learning in their weekly classes.



### PRE-RAINBOW GYMNASTICS

BOYS + GIRLS • AGES 5+ YEARS

This 55 minute class is a great introduction to our Rainbow Gymnastics program, designed for your gymnast who is eager to learn new skills and have fun! This class will include engaging warm-up and stretch time, instruction on two events each week, and 5 minutes of free time at the end!

Pre-Rainbow utilizes all the standard sized gymnastics equipment. Your growing gymnast will also enjoy this transition from our GymStars program while becoming acquainted with our expanded facility and curriculum.



### RAINBOW GYMNASTICS

BOYS + GIRLS • AGES 5+ YEARS

This recreational Gymnastics program, exclusive to Sun Country, is a positive, no-fail environment for children to learn and progress their gymnastics skills. Coaches utilize drills to teach various skills, body shapes and positions, and the strength to help progress students at their own pace. Each class is skills-based, not age based, and students will receive colored ribbons after they complete each level.

Girls will learn skills on bars, beam, floor and vault. Boys will learn skills on vault, high bar, parallel bars, pommel horse, rings and floor.

Fall and Spring seasons each offer a Rainbow Meet that gives athletes the opportunity to showcase the skills they have acquired to family and friends.



### TUMBLING

BOYS + GIRLS • AGES 5+ YEARS

Tumbling specific, co-ed classes are a great supplement to gymnastics, cheer, dance and many other sports. Coaches utilize drills to help students with their flexibility and strength, as well as progressing them through the basics, such as forward and backward rolls, to the much more advanced punch fronts and back handsprings. Classes are offered at beginner, intermediate and advanced levels.

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# GYMNASTICS