

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

COMMUNITY CLASS TITLE: Power In Motion Gymnastics, Dance, Cheer, Ninja, and Tumbling

GRADE OR AGE LEVELS: Grades K- 12 and ages 5 and up

FORMAT: IN-PERSON

DAY AND TIME OF THE WEEK: We offer classes Monday through Thursday and Saturday Mornings.

TOTAL REQUIRED HRS: 16 Classes

TOTAL SEMESTER HOURS POSSIBLE: 16+ Classes

LOCATION (address): 3889 M-139 Saint Joseph, MI 49085

PRIMARY INSTRUCTOR: Varies depending on day/time. All of our instructors are background checked through the National USA Gymnastics Organization.

CONTACT INFORMATION:

269-429-5100

info@pimgymnastics.com

www.pimgymnastics.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION:

Visit our website and click "Online Registration"

CLICK ON THIS LINK: <https://app.jackrabbitclass.com/regv2.asp?id=512047&hc=2>

MAIN INSTRUCTOR QUALIFICATIONS: Safety Certified through USA Gymnastics, Coaches Training monthly, CPR/FIRST AID/AED Certified, Concussion Training, Seizure Training.

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

Background checked and Safesport certified through USA Gymnastics, ongoing coaches training/development, Infant/Youth/Adult CPR/FIRST AID/AED Certified Staff on location at all times, AED onsite

COURSE DESCRIPTION (OVERVIEW):

We offer gymnastics, dance, cheer, ninja, and tumbling as well as competitive gymnastics, dance, and all star cheer. We offer classes Monday through Saturday as well as events on Friday nights for members and non-members.

SYLLABUS/OUTLINE:

Each week students will learn CORE skills and developmental skills provided per the level they are in. They will learn progressions to each skill using drills, hands-on spotting from their instructors, and strength training. Once students have mastered the skills required in their level, they will be moved up to the next level. Level move ups after age six, do not always happen at the semester, but can if the student is ready per their instructor's recommendation.

WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Students can work on flexibility and strength at home. All skills using equipment or mats here at the gym, should NOT be worked on at home for the student's safety as well as to not hinder technique being learned through coaches corrections and assistance.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Steps to check for student understanding, along with dates or # of weeks into class:

STUDENT ASSESSMENT

- 1) Students agree to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation. Students may make-up any missed classes so long as they are made up within the semester time-frame. Parents must call ahead to schedule makeups.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.
- 3) Other: Parents may visit the JackRabbit Parent Portal to view their student's skills.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Students may make-up any missed classes so long as they are made up within the semester time-frame. Parents must call ahead to schedule makeups.

Closures on the gym's behalf due to holidays/recitals/showcases/weather are not counted against students attendance.

Scheduled Closings: Please visit <https://www.pimgymnastics.com/closings.html> for our most up to date closures. Please note this may not include all closings as those can vary year to year.

Weather: There are three ways to find out if we are closed.

- Our answering machine will have a closing message after 8 AM
- It will be posted on our Facebook page
- It will be posted at the top of our Home Page

We **do not** follow school closings. We will be happy to schedule a make-up at your next scheduled class for any closings related to winter weather.

While we may decide to remain open, you may decide that from where you live your drive is too hazardous. **Please do not drive to the gym if you feel it is unsafe! We will gladly get you a makeup for another day/time.**