**Our Programs**

**Climb North** is the best “little” wall in the country. Built in 1993, it is one of the oldest walls in the country. Our 5000+ square feet of bouldering walls provide all the basic and advanced features which will satisfy the advanced and beginner climber. Our wall offers top roping with over 40 routes of various levels and unlimited possibilities and the bouldering area offers over 100 problems.

**The Wild Woods** is committed to nurturing children's cognitive, social, emotional, and sensory development, as well as their physical and mental well-being by immersing them in nature at an early age. The key component of this approach is unstructured free time in nature, which lays the foundation for a meaningful, life-long relationship to the natural world. This unstructured free time also provides the ideal opportunity to learn how to form healthy collaborative relationships with others. At The Wild Woods, we use a child-driven flow learning emergent curriculum that evolves with each child's interests as the seasons change. Our teachers are committed to using an inquiry-based teaching style to foster an innate sense of curiosity.

**GYMNASTICS:**

**Pre-school:** Our preschool program builds fitness and learning readiness. During each 45-minute lesson our teachers incorporate shapes. colors, numbers. locomotor movement and simple circuits to stimulate your child's gross motor muscles and their imagination. The result is a great fitness and learning foundation.

***Dipper and Me*** -Ages 18 mo. to 3 years. (45 minutes)

Classes begin with a warm-up with energetic music and a variety of stretches. Throughout the class you will visit different gymnastics events using special small sized preschool equipment to increase your toddler's strength, flexibility, balance, body awareness and listening skills. Parents will be able to learn safe spotting techniques to help their toddler develop foundational gymnastics skills. Parents are able to interact with their children while their child builds their listening skills in a fun and friendly environment.

***Little Dipper*** - 3 to 4 years old. (45 minutes)

Carefully designed gymnastics lesson plans incorporate weekly themes, music and stamps to provide a safe and exciting progression that will challenge each child to the best of their ability throughout the year. Neuroscience studies prove the benefits of gymnastics for brain development and pre-reading skills. Each class begins by warming up to energetic songs and a variety of stretches.

Little Dippers is designed to help children develop balance. body awareness. strength. flexibility and coordination.They will be guided through step-by-step skill progressions and specific drills/exercises, providing the opportunity to effectively achieve and refine basic gymnastics skills.

As preschoolers repeat the circuits they develop muscles for grip strength, coordination, balance, and agility. While they raise their self-confidence and self-­ esteem they also

learn how to listen. Follow directions and focus all while you make learning fun.

They will be working on special preschool size Olympic events/equipment Floor Exercise, Bars. Balance Beam, and Vault as well as Trampoline

**Recreational Gymnastic** classes are 60 minutes. The lessons include skill development, technique and lots of challenges. 6- and 7-year-olds have a better understanding of how their bodies work. So, we are able to teach basic stunts and tumbling skills that continually challenge their coordination and concentration.

***Girls/Co-Ed Big Dipper*** - ages 5 through kindergarten - 60 minutes

Preschoolers will be guided through step-by-step skill progressions and specific drills/exercises, providing the opportunity to effectively achieve and refine gymnastics skill while working on bars. beam. trampolines and vault all while raising their self-confidence. Class is based on progressive learning system, emphasizing safety and success while having fun.

***Boy Big Dipper*** - ages 5 through kindergarten. - 60 minutes

Students will be guided through step-by-step skill progressions and drills/exercises. providing the opportunity to effectively achieve and refine gymnastics skills, while progressing from beginner to advanced levels. Male students will be working on the Olympic events/equipment Floor Exercise. Parallel Bars. High Bars, Pommel Horse. Rings. and Vault as well as Trampoline.

***Boys Lucky Stars*** - ages 6 & up. - 60 minutes

Fully structured recreational gymnastics classes are based on a progression learning system. emphasizing safety and success while having fun. Students will be guided through step-by-step skill progressions and specific drills/exercises. providing the opportunity to effectively achieve and refine gymnastics skills, while progressing from beginner to advanced levels. Male students will be working on the Olympic events/equipment Floor Exercise, Parallel Bars. High Bars, Pommel horse, Rings, and Vault as well as Trampoline. Training will utilize Foam Pits. Spring Floors and a large variety of small, specialized equipment to build skills safely, efficiently. and effectively.

Objective for the child is to learn proper gymnastics skills safely, and increase strength, flexibility, coordination, balance, body awareness and fitness levels. Our goal for your child is to become a hardworking, self-confident and healthy individual.

***Lucky Star Girls l*** - Ages 1st Grade and up - (60 min)

This beginner girls’ gymnastics class will focus on building skills safely. efficiently. and effectively while having fun. We provide guided step by step skill progressions and specific drills/exercises. providing the opportunity to effectively achieve and refine gymnastics skills, while progressing from beginner to advanced levels. Gymnasts will be working on the Olympic events/equipment Floor Exercise. Uneven Bars, Balance Beam, and Vault as well as Trampoline.

Goal: Our objectives for the child are to learn proper gymnastics skills safely, and increase strength, flexibility, coordination, and balance. body awareness and fitness levels.

***Lucky Star Girls 2*** - Ages 1st Grade and up - (60 min)

This second step beginner girls’ gymnastics class will focus on building skills safely, efficiently, and effectively while having fun. We provide guided step by step skill progressions and specific drills/exercises, providing the opportunity to effectively achieve and refine gymnastics skills, while progressing from beginner to advanced levels. Gymnasts will be working on the Olympic events/equipment Floor Exercise, Uneven Bars. Balance Beam. and Vault as well as Trampoline.

Goal: Our objectives for the child are to learn proper gymnastics skills safely and increase strength. flexibility. coordination, balance. body awareness and fitness levels.

***Super Star Advanced Recreation Gymnastics*** - (90 min)

This class is a 90-minute intermediate class for recreational gymnasts which emphasizes.

skill development for more advanced skills and preparation for our 2-day programs. Along with conditioning skills and fun circuits on all the apparatus, our coaches provide instruction and motivation for drills. progressions, and sequences which build confidence and expertise.

**Tumbling or Trampoline& Tumbling** are perfect for learning back handsprings and flips. Cheerleaders. dancers or divers will benefit from these classes. We have tons of

specialized equipment to teach the drills and lead-up skills for learning basic tumbling. Overhead belts. landing pits. inclines, rod floor and tumble trak will enhance your child's tumbling skill.

***Tumbling 1***: Beginner - 6 yrs & up (60 min)

This 60- minute class is designed to teach the basic skills of tumbling using the floor, trampoline and pit to help progress through tumbling skills to include forward and backward rolls, handstands, cartwheels and roundoffs,

***Tumbling 2:*** Intermediate - 6 yrs & up (90 min)

Tumblers must be able to perform a back walkover on their own & have an interest in advancing their tumbling skills. This 90-minute class will focus primarily on back handsprings.

***Tumbling 3 Advanced*** - 6 yrs & up (90 min)

Tumblers must be able to perform their back handspring AND roundoff double back handspring with an interest in advancing their tumbling skills. This 90-minute class will focus on tucks, layouts, and full twisting skills.

***Trampoline & Tumbling 1*** - 6 yrs & up (60 min)-

Our Beginner Trampoline & Tumbling (T&T) is all about bouncing, running, and more bouncing. Kids will learn skills and safety on three events: Trampoline, Double Mini Trampoline, and Rod Floor. Although extremely fun, this sport is about form and technique. Children will make proper progressions before moving to the next step! Great for kids who want to learn a new sport or just want to learn safe new tricks for their backyard trampolines!

***Trampoline & Tumbling 2*** (90 min)- Our Advanced Beginner Trampoline & Tumbling (T&T 2) is all about bouncing, running, and more bouncing. Kids will learn skills and safety on three events: Trampoline, Double Mini Trampoline, and Rod Floor. Although extremely fun. This sport is about form and technique. Children will make proper progressions before moving to the next step!

***Trampoline & Tumbling 3 Advanced*** (90 min) This class is a USAG prep class for experienced rebounders or gymnasts who want to learn more advanced skills, combination routines or tryout for our T and T team.

They will learn skills and safety on three events: Trampoline, Double Mini Trampoline, and Rod Floor. Although extremely fun, this sport is about form and technique. Children will make proper progressions before moving to the next step!

**Rhythmic Gymnastics** is the perfect sport for girls who are flexible and long limbed. This elegant sport features dance and aero skills but also includes hand apparatus: ball, ribbon, hoop. rope and clubs. The sport builds coordination, upper body strength and grace.

It is a traditional European sport for girls that became popular in America in the 1990's. Rhythmic is a great activity for gymnasts, dancers, and acrobatic students who would like to learn new skills including the hand apparatus which is part of the sport.

***Lucky Star & Rhythmic Combination*** - 6 yrs & up (60 min)

- 30 Minutes Rhythmic Gymnastics/30 Minutes Recreation Gymnastics

***Rhythmic Rising Star*** – Ages 3,4,5 - (45 min)

This exclusive class is uniquely tailored to the discipline of Rhythmic Gymnastics, offering a comprehensive and intensive training program for aspiring young athletes. With a focus on cultivating talent and fostering a passion for Rhythmic Gymnastics, this class is ideal for dedicated individuals looking to pursue excellence in the sport.

***Rhythmic Rising Star 2*** – Ages 6-12 (60-90 min)

Girls will learn fundamentals with the ball, hoop. rope, clubs and ribbon. Gymnasts in this ·•cirque du soleil" sport will develop dance and acrobatic skills along with flexibility. musicality, and coordination. Rhythmic apparatus is best suited for girls with natural flexibility.

Rising Stars provides two lessons each week. Sensory perception, endurance, grip strength, core strength are improved when children attend classes twice a week.

Since two classes make a marked difference in their fitness children can begin to learn more advanced skills.

**Boys Soaring Stars, Shooting Stars, Jewels Pearls Emeralds/Rubies**, get kids in the game. As members of the team, both boys and girls learn basic routines that incorporate skills and connections. They can perform or compete with gymnasts from other gyms. As they master each set of sequences they get to advance to the next level. Training includes Olympic events, trampoline and conditioning.

***Boys Soaring Star*** - 6 yrs & up - 3 hours/week

The Soaring Stars program is the pre-developmental competitive team training program to our Boys Pittsburgh Northstars and is an introductory foundation level in gymnastics. It is designed to teach our youngest gymnast the very basics before they can attempt any competitive skills. The beginner level focuses on giving the gymnastics skills necessary to be able to build up to more advanced skills and compete in the sport.

***Rising Star*** - ages 4 through kindergarten. 2 hours/week

This class focuses on age­ appropriate mental & physical developmental skills. To attend Rising Stars, you must have a teacher recommendation. This is good preparation for our future team gymnasts or children who are ready for more athletic development.

***Shooting Star 1 & 2*** - 5 yrs & up - Hours vary

The Shooting Star program is the pre-team training program to our Pittsburgh Northstars and is an introductory foundation level in gymnastics. The Shooting Star program is designed to teach our youngest gymnast the very basics first before they can attempt any competitive skills. The beginner levels focus on giving the gymnastics skills necessary to be able to build up to more advanced skills and compete in the sport.

The gymnasts will have a lot of fun running, hurdling and practicing the straight jump on the vault. Managing to spin around a gymnastics bar using a reverse grip stride circle feels like a big achievement for youngsters and they should be proud. The stride circle (mill circle) is one of the many important development skills learned during recreational level gymnastics.

Progression through Shooting Star 1-3 on the beam and floor include the beautiful

gymnastics arabesque pose, cartwheels and the bridge kick over. At first it might seem like they are having to learn a lot of skills, but having a good solid set of basic skills in these first 3 gymnastics levels will set them up for a lot of success and an easier ride during higher level training. Parents should encourage their gymnasts to try their best to master good form in all the skills in the first 3 gymnastic levels and they should be all set for a successful and fun journey through gymnastics.

***Pearls*** - 6 yrs & up - 3 hours per week

This is the pre-team program for our Jewels recreation team. The 2-day program enhances fitness and focuses on developmental skills that gymnasts will need to compete for our rec team. Great for Rising Stars or experienced Lucky Stars. Invitation or evaluation required. Shooting Star I or II required or coach’s recommendation.

***Emeralds and Rubies***- 6 yrs & up- Hours vary

A 2 or 3 day a week team program for girls. Gymnasts focus on basic routines & conditioning for the USAG Xcel program. This program is perfect for any child who loves gymnastics and is ready for a team experience. Our recreation team mixes fun with competition. Emerald, Rubies train sequences and routines that fulfill the requirements for Level 3 and the beginner optional Xcel program.

**Competition Teams**

***Northstars Xcel Jewels Program:***

The Xcel Gymnastics team competes as part of the Pittsburgh Northstars Competition team, and the following explains the importance of this program to USA Gymnastics. [f you think about most other spo11s. soccer for example. As soon as kids join the sport they almost immediately start competing in games and tournaments. With gymnastics it wasn't this way. Kids would join gymnastics and take classes for several years before they were invited to join a team program. The Xcel program sets lower skill requirements for the entry levels. which allows gymnasts to start competing sooner.

The Xcel program, however, is not just an entry level program. Gymnasts may participate from beginner to advanced levels as they learn more difficult skills. The difference between USAG and Xcel competitions is the specific skills and composition requirements that must be performed. With Xcel, many gymnasts can continue their skill development and competitive experience over the years with less time and less pressure. Gymnasts can also use Xcel as a stepping stone to USAG or high school gymnastics. By its own right, gymnastics is a fantastic way to stay in shape and provides a great physical foundation for other activities such as diving, cheer, track, or dance.

***Pittsburgh Northstars Rhythmic Team***

Rhythmic Gymnastics is a traditional European sport for girls that became popular in America in the 1990's. Our program is directed by Kamelia Velkova Dunlevy, a two-time Bulgarian National Champion. Rhythmic is a great activity for gymnasts and dancers. and acrobatic students who would like to learn new skills including the hand apparatus which is part of the sport.

Girls will learn fundamentals with the ball, hoop, rope. clubs and ribbon. Gymnasts in this "cirque de soleil" sport will develop dance and acrobatic skills along with flexibility, musicality, and coordination. Rhythmic apparatus is best suited for girls with natural flexibility. Girls who develop an interest in rhythmic gymnastics might want to compete for our nationally recognized Pi11sbwxh NorthStar Rhythmic Team.

***Pittsburgh Northstars T&T Team - Tumbling and Trampoline***

Trampoline is one of four events including in the gymnastics discipline of Trampoline & Tumbling, often referred to as T&T (the others are synchronized trampoline, double mini trampoline. and power tumbling). Both girls and boys can participate in all four T&T events. In trampoline, you are sure to see numerous high-flying skills that include multiple flips and twists combined into one "routine". This is an elite level trampoline at its finest, but participation can also be thrilling and exciting while the skills are at a more basic or recreational level. The trampoline is an easy addition to an existing gymnastics program.

***Pittsburgh Northstars. Junior Olympic Team (Levels)***

There are ten developmental levels in the junior gymnastics program for girls and eight levels in the junior gymnastics for men. Both are divided into three segments.

The first segment is purely developmental and usually non-competitive. This involves levels one through three and advancement is typically achievement-based. For instance, students advance once they have mastered a certain set of skill and strength objectives.

The second segment, while still compulsory, has required levels for competition, and includes levels four and five. These are progressive levels that require students to build upon the skills of their previous levels to advance. Competition is a vital component of these levels. This includes the possibility for some students to participate in the USA Gymnastics State Championships.

The third segment is optional and where the competition really heats up for participants. It involves levels six to ten. Parents should note that levels six through nine have difficult restrictions to promote safety for participants. However, there are no such restrictions once students advance to level ten.