

HOW TO START AN AEROBIC GYMNASTICS PROGRAM

What is Aerobic Gymnastics?

Aerobic gymnastics started in 1984 in the United States founded by Sport Fitness International. From 1988 onwards the individual events were separated by gender and the sport became popular around the world after it gained popularity in the US when major championships were aired on ESPN during the height of the fitness movement in the US.

In recent years, the sport has experienced growth in Eastern Europe, China, Argentina, Mexico, Canada, Brazil, Japan and Australia among other countries.

Since 1995 countries have blended successfully with their gymnastics federations receiving significant input from the other gymnastics disciplines evolving into the look it has today.

The basis of all aerobic routines lies in the performance and combination of seven basic aerobic movements involving both the arms and legs: March, Jog, Skip, Knee Lift, Kick, Jack and Lunge. Mastering these movements is often the focus of introductory aerobic gymnastics programs.



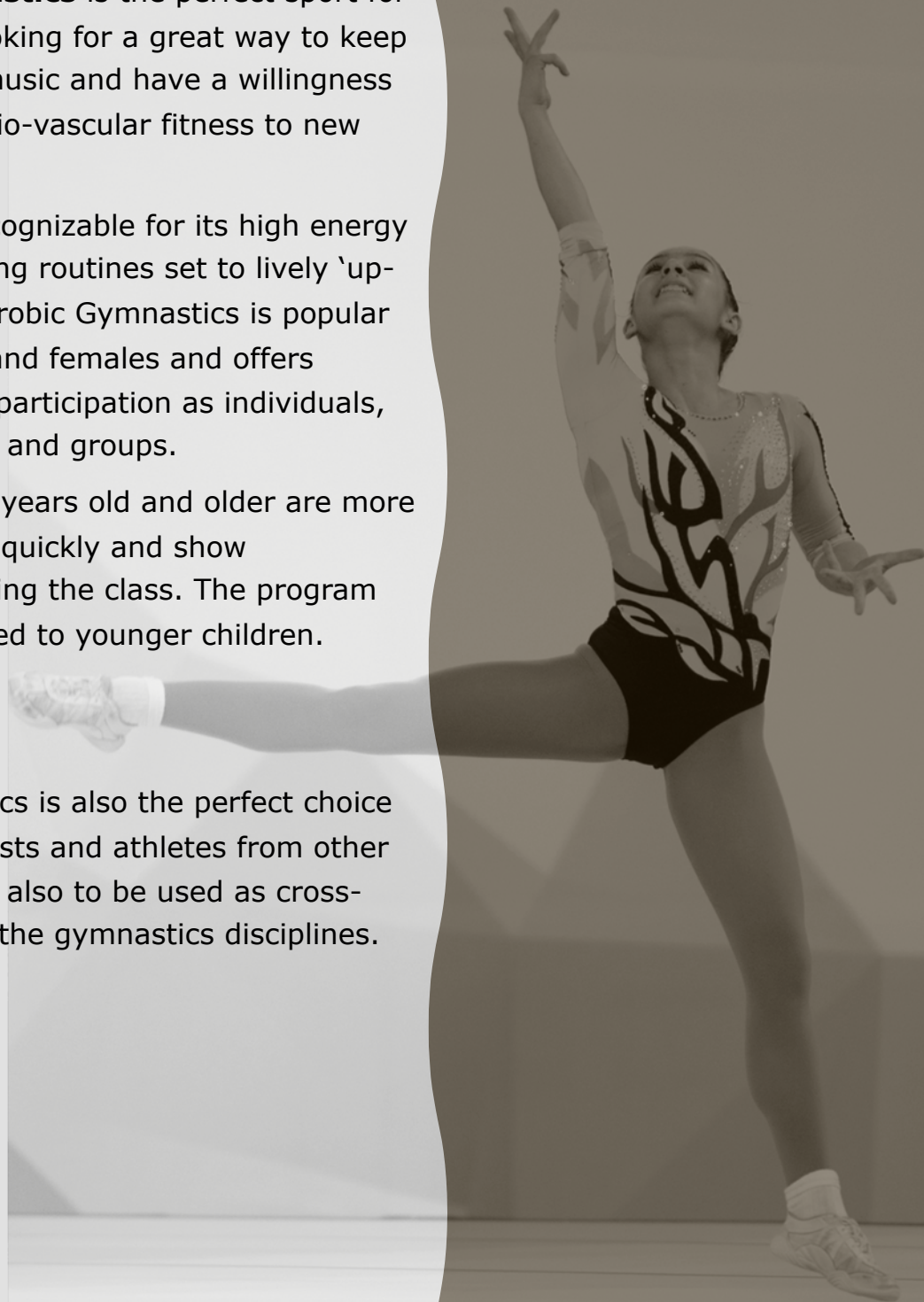
AEROBIC GYMNASTICS IS PERFECT FOR SO MANY

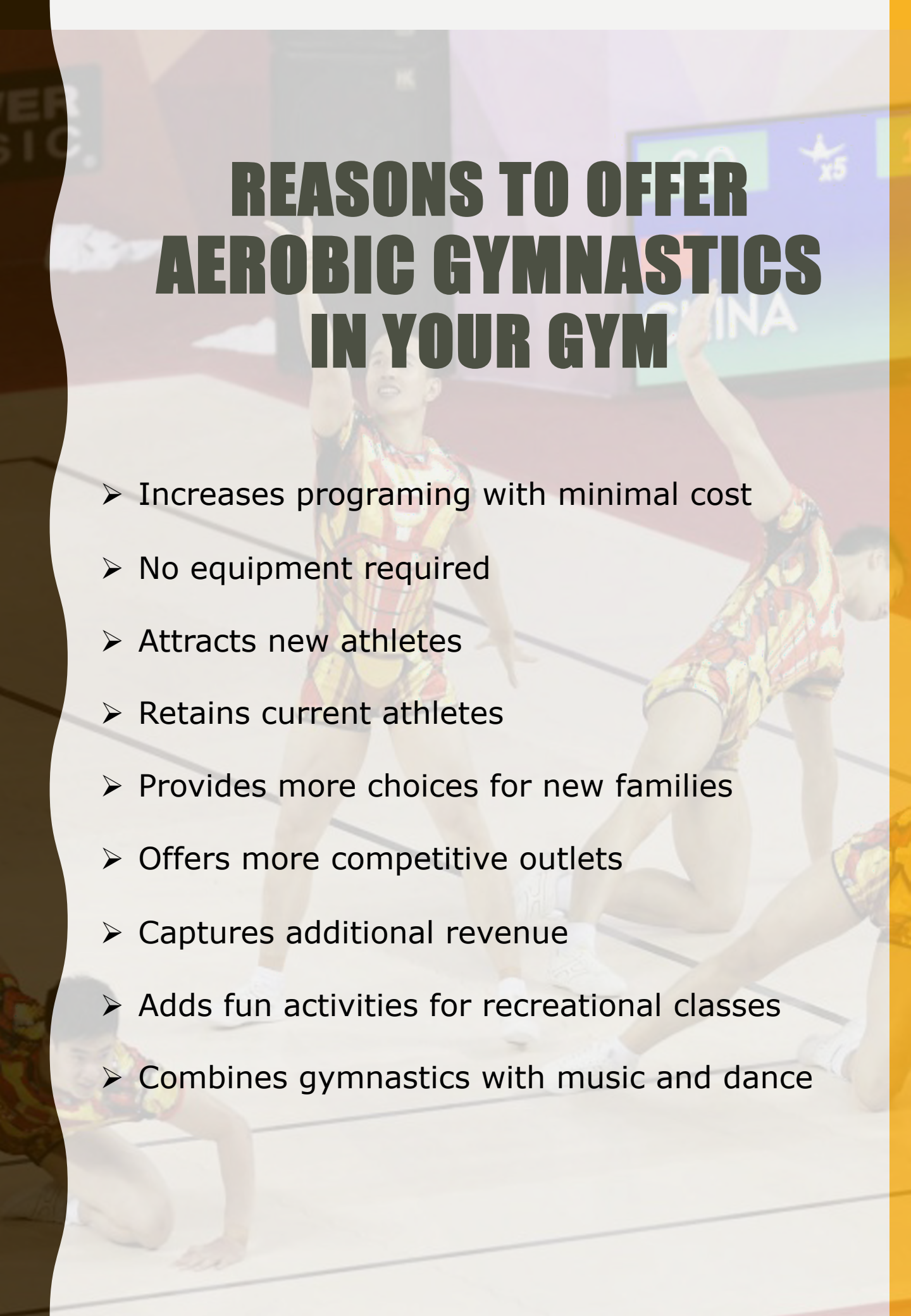
Aerobic Gymnastics is the perfect sport for those who are looking for a great way to keep in shape, enjoy music and have a willingness to take their cardio-vascular fitness to new levels.

Immediately recognizable for its high energy and heart pounding routines set to lively 'up-tempo' music, Aerobic Gymnastics is popular with both males and females and offers opportunities for participation as individuals, mixed pairs, trios and groups.

Children from 6 years old and older are more likely to catch on quickly and show improvement during the class. The program can also be tailored to younger children.

Aerobic Gymnastics is also the perfect choice for retired gymnasts and athletes from other disciplines. It can also to be used as cross-training between the gymnastics disciplines.





REASONS TO OFFER AEROBIC GYMNASTICS IN YOUR GYM

- Increases programming with minimal cost
- No equipment required
- Attracts new athletes
- Retains current athletes
- Provides more choices for new families
- Offers more competitive outlets
- Captures additional revenue
- Adds fun activities for recreational classes
- Combines gymnastics with music and dance

AEROBIC GYMNASTICS STRUCTURE

Program Structure

Age Division:

- Nat. Development – under 11
- 12-14
- 15-17
- Seniors

Categories:

- Ind. Men
- Ind. Women
- Mixed Pairs
- Trios
- Groups (5)

The Exercise:

- Floor Skills (*Explosive Push ups, Circles, Flairs, Reverse Cuts and presses*)
- Airborne Skills (*Jumps and Leaps*)
- Balances and Turns (*Turns, Illusions, balances*)
- Acrobatic skills (*walkovers, back handsprings, ...*)
- The Choreography (*High intensity combination of basic aerobic steps and complex arm movements*)

Class Structure

- **Warm up (10min)**
 - ✓ Cardio, stretching, splits
- **Strength & flexibility (20min)**
 - ✓ Push ups
 - ✓ Helicopters
 - ✓ Holds
 - ✓ Balances
 - ✓ Dynamic Flexibility
- **Jumps (15min)**
 - ✓ Tuck, pike, straddle, airborne
 - ✓ Leaps
- **Aerobic steps (10min)**
 - ✓ Combination of basic steps or competitive routines
- **Ending (5min)**
 - ✓ Fun game or contest

For 60 min class

WHY AEROBIC GYMNASTICS?

- Improves all physical fitness components
- Additional option for gymnasts
- Additional competitive opportunities
- Additional revenue for your gym
- Increases membership retention
- Easily implemented in class rotation



Join aerobic gymnastics as cross-training to improve coordination, flexibility and rhythm.

HOW TO START AN AEROBIC GYMNASTICS PROGRAM IN YOUR GYM

Educate your clients about the new program/classes your gym will offer in the following ways:

1

Send an email to all families containing information about the new program. Include pictures, videos, and a concise description of the program to help spread the word and create awareness. Focus on the benefits the new program will bring to the athletes. Post information on the bulletin board in the lounge area.

2

Provide parents and students a sample of the new program by incorporating basic aerobic gymnastic skills or transitions in the last five minutes of a recreational class. Gymnastics coaches will relate to aerobic gymnastics skills since they share the same foundation.

3

Keep the new program increasing in popularity in your gym by posting pictures of aerobic skills or lifts on the wall. Recreational classes can use the pictures to try to replicate or to create a challenge at the end of their practice. Having a live demonstration in your gym will provide families and students the opportunity to see the sport in action.

These three steps will guarantee adequate awareness about the new aerobic gymnastics program in your gym. The students will experience it first hand and coaches will feel more confident to begin teaching their groups.

4

PLAN AN EXHIBITION. After your first season of the aerobic program in your gym, plan an exhibition to parents and potential students. Use the compulsory music and choreography to show parents how the students have been working and what they have been learning. Follow up with information about competition and how the students can participate.

RECRUIT & SELL IT

To capture your future aerobic gymnastics athletes follow these basic steps to secure and track the number of students in your new program.

1. Send out an invitation letter to parents that includes a sample of the class structure, the days and time together with the cost.
2. Provide your official email address so parents can respond to you and allow you to track your recruitment. It is always more efficient to have personal communication with families (one-to-one) about how aerobic gymnastics can benefit their child and possibly give them more opportunity.
3. Aim for children in the elementary school age, starting at five years old.
4. Aerobic Gymnastics is a perfect fit for artistic and rhythmic gymnasts that are in the process of retiring or experimenting with the increased school schedule, due to the lesser practice time demands.
5. Aim for an aerobic gymnastics class with a group of 6 kids as a good start. The class can run from one to two hours twice a week.

COACH & EQUIPMENT

Aerobic Gymnastics can be taught on any flat surface of the gym including a cheer floor, artistic floor, preschool gym area and/or dance room. The lesson plans can incorporate bars, tumble track, trampoline, shaped mats, air track and other gymnastics equipment. The class will not need any special equipment and can be fitted in your current class rotation.

If you intend to teach aerobic gymnastics in fitness or dance room settings, all the practices can be adapted to use only small floor mats, ballet bar, steps and parallette bars. Children should be advised to wear sneakers if working on a wooden surface.

The instructor's training is one of the most important parts of the program implementation.. More detailed lesson plans will be available through LEAP!LEARNING online platform. Compulsory routine videos and descriptions, rules and other skill libraries are available.

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