

Gymnastics

Q: How will gymnastics benefit my child? Isn't gymnastics only for girls?

A: Strength, flexibility, agility, balance, coordination... the list goes on and on. Many articles have been written on the benefits of gymnastics. This statement is one of the best summations of the benefits of gymnastics:

“Gymnastics can provide opportunities for physical development, character development, and education that are hard to find anywhere else.” – William Sands, Ph.D.

Obviously this statement pertains to boys as well as girls. Many boys who began gymnastics at a young age have graduated to excel in other sports like football, basketball, soccer, baseball, swimming, and track and field. More than a few former gymnasts have gone to college on pole-vaulting scholarships!

Q: Is gymnastics safe?

A: With proper instruction, gymnastics is a very safe sport. Many clubs will skip basic skill progressions that are deemed “easy” but do not understand the fundamental foundation that these skills develop to help prevent injury. Repetition is the key to safe gymnastics. When the body is habitually wired to perform a basic skill, other, more difficult skills, can be added safely. Boundless Gymnastics promotes a culture of safety and a healthy respect for the sport of gymnastics. All activity at Boundless Gymnastics is always supervised.

While all physical activity contains an inherent risk of injury, we have developed our curriculum to prevent injury from a lack of proper training. One of the many benefits of gymnastics training is the overall agility the student develops. This agility can help to prevent slips, falls, and injuries in any other sporting endeavor as well as in daily life.

Q: What do the students do in class and how do I track their progress?

A: Every class uses a curriculum developed from over 15 years of gymnastics knowledge as athletes, managers, and parents. Classes begin with basic gymnastics body positions, skills and vocabulary. With a proper gymnastics foundation, students will learn much quicker as they progress through the levels. All classes begin with a warm-up to raise the core body temperature to prepare for athletic activity. Classes will progress through a 10-minute warm-up and 3 15-minute rotations and end with a fun game or a conditioning period for more advanced classes.

While all students in a class will work on the same skills, students are promoted and taught at their own, individual pace. One student might complete a gymnastics level in a few months whereas another student might take much longer to complete the same level.

You can track their progress by checking in with their instructor or wait for your child's progress report to come out before our Advancement Evaluation Days. Generally twice a year as students generally take a full year to progress in all the areas required.

Q: May my child try a class first before we decide to enroll?

A: While we're confident your child will love their class, you may absolutely try a class before you sign up. Just give us a call and we can set up a free trial class. Free trials are only given at the end of each session or during make up days as to not disrupt the progress of a class. All we ask is that you let us know after your trial if you'd like to join the class so we don't hold the spot or give it away.

Q: What does my child wear to gymnastics?

A: For gymnastics, girls should wear a leotard. We have many styles available for purchase, including 'biketards' for younger students. Please do not wear loose shorts or shirts as they can interfere with the gymnastics apparatus. Biker/tight fitting shorts are acceptable. Hair should be pulled back into a

ponytail if possible. No jewelry should be worn. Boys and tumbling students should wear a t-shirt and a pair of shorts. All students should be barefoot.

Q: How do I know at what level to start my child?

A: Nearly all students will begin with a “Novice” class. If your child has had previous gymnastics or tumbling experience, you may give us a call at to schedule a free evaluation for class placement.

Q: What is the best age to start a child in gymnastics?

A: Right now is the best age! We have seen students begin gymnastics in their early teens and go on to have very successful gymnastics careers. It is beneficial to place your child in a gymnastics class as early as 18 months. You know your child best and know what he can handle. Many times a gymnastics class is the first interaction a young child will have with an adult other than a family member.

Q: What makes you different from other gymnastics clubs?

A: Our primary focus is on our students, their parents and family members, and our staff. Our goal is to provide the best and safest gymnastics to our students, unparalleled service to their parents, and to hire, train, and retain the best instructors for your child. We use all of our resources to attain those goals..

We teach awesome, safe gymnastics. We don't ‘dabble’ in gymnastics. We want our students to learn great gymnastics, have fun, and to take advantage of all the benefits this great sport has to offer.

We have the best coaches. Our coaches and employees endure a tough interview process that involves background checks and multiple interviews. We have an extensive training program that each coach must complete before he or she is allowed the honor of coaching your child. Many of our coaches are former gymnasts. Our coach's love being around kids; they pass on their love of gymnastics to each student.

We maintain low student to teacher ratios of 8:1 in our beginner classes. Novice classes are the most important classes in which to develop proper habits and our coaches are hands-on fixing body positions and techniques. We also keep our students moving by utilizing circuit training and multiple pieces of apparatus.

Our coaches all teach the same curriculum. If you have to switch days and times and your child gets a new teacher, she will learn the same skills as her/his previous class and pick up right where she/he left off.

Q: Is Open Gym, Gymnastics Camp, or Best Night Out the same as a gymnastics class?

A: None of our Boundless Events are the same as a gymnastics class. While they are extremely fun and skills can be practiced, nothing can replace the instruction from a coach you receive in a class. Boundless Events should be used as a supplement to a class and a time to have lots of FUN with friends!

Q: My child loves gymnastics but does not want to be on a competitive team?

A: Over 3/4 of our membership is in our general Preschool and Recreational programs. However, for those children that want the additional challenges of a competitive program, we offer training that can fit their needs as well.

Q: What happens if I'm running late for drop off or pick up?

A: Please call us to let us know and we will let the instructor know the student may be a few minutes late. However, students who are more than 15 minutes late to class may not be allowed to attend for the day. The first 15 minutes of a recreational or preschool class is a warm up period and the potential for injury increases dramatically if he/she does not warm up properly. In addition, our instructors cannot take away from the rest of the class to warm a child up individually just because they are late.

If you are running late for pick up please call us and we will place your child in our babysitting area until you arrive. However, if you are more than 15 minutes late you will be charged for babysitting time at the member rate.

Q: Can I speak to my child during class?

A: For the safety of our athletes and instructors Spectators are not permitted on the gym floor at any time unless otherwise posted in the gym. It is very important that parents not attempt to interact with their child while they are in the class as doing so can put the athlete at an increased risk of injury. Please do not attempt to coach them, discipline them, or engage them in any fashion while they are with their instructor on the gym floor. If you need to speak with your child, or pull them out of class early, please do so by asking one of our office staff to bring your child to you.

Q: Can I take pictures during my child's class?

A: Unfortunately, in today's society pictures of children sometimes get used inappropriately. Boundless wants to do its part to protect our children. Therefore, we cannot allow any unauthorized pictures or videotaping. We will have camera weeks at least three times a year. You may bring cameras during those times and take as many pictures as you would like.

USA Gymnastics Safety guidelines prohibit the use of flash photography during gymnastics activities. Camera flashes can cause momentary blindness that could cause a fall or injury.