



**Do your kids need a way to channel their energy?**

Are they bouncing on the couch and trying handstands against every wall in the house?

If yes, then **IMPACT** has structured virtual Gymnastics and Ninja programs just for them!



## June 2020 Virtual Program at Impact

### Virtual Preschool Program

Walking to Age 5 (Co-ed)

**Who:** ALL walking to 5 kids who want to jump high, roll tight, and get upside down!

#### 30-minute Zoom workouts

Your child can attend 2 classes each week for one monthly price

\$45 for June

6 students maximum per class

### Virtual Gymnastics 1

Beginner/Intermediate (Co-ed)

**Who:** Girl's and boy's 5-8yrs, 8+ yrs, and little stars classes

#### 45-minute Zoom workouts

Your child can attend 2 classes each week for one monthly price

\$65 for June

8 students maximum per class

### Virtual Gymnastics 2

Intermediate/Advanced (Co-ed)

**Who:** Our shooting stars, girls pre-team, and adv. tumblers

#### 60-minute Zoom workouts

Your child can attend 2 classes each week for one monthly price

\$80 for June

8 students maximum per class

### Virtual Ninja Program

Ages 6+ (Co-ed)

**Who:** ALL Ninja and tricking kids who want to get faster, stronger, and better prepared to flip!

#### 45-minute Zoom workouts

Your child will be registered for both classes each week

\$65 for June

8 students maximum per class

**Sign up is required!**



Call 219-0343 OR e-mail us at [Staff@impact-gymnastics.com](mailto:Staff@impact-gymnastics.com)

# June 2020 Virtual Class Program

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Q. What will the virtual classes entail?

A. All virtual classes will have specific-skill instruction, flexibility, strength and lots of FUN!!!

Q. How many classes can my child attend each week?

A. The monthly fee includes 2 classes each week.

Q. Are there any discounts available?

A. Yes. 10 % military discount. 10 % sibling discount (for each child after the 1<sup>st</sup> one)

Q. Do parents need to be present during the workouts?

A. Preschool classes require a parent to help with spotting and follow-along. All other virtual classes require a parent at home to ensure safety throughout the workout

Q. Do I have to sign up for the same time slot each week?

A. No. If there are openings, you can sign up for the times that fit your schedule

Q. When will I receive the link to access the class?




A. Each morning between 8-9am we will send the Zoom links to the kids signed up for class that day

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# June 2020 Virtual Preschool Class Schedule (30 minute classes)



An incredible class where you will learn proper rolls, cartwheels, handstands, correct jumping technique, and flexibility.... So much FUN!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Under the Sea Week</b> <b>@10am w/ Coach Sharron</b>  Exploring Different gymnastics movements!	<b>2</b> <b>Under the Sea Week</b> <b>@1pm w/ Coach Sharron</b>  Exploring different gymnastics movements!	<b>3</b> <b>Under the Sea Week</b> <b>@10am w/ Coach Sydney</b>  Upside down and right side up. Balancing skills	<b>4</b> <b>Under the Sea Week</b> <b>@1pm w/ Sydney</b>  Upside down and right side up. Balancing skills	<b>5</b> 
<b>8</b> <b>Outer Space Week</b> <b>@10am w/ Coach Sharron</b>  Jump to the moon! How high can you jump?	<b>9</b> <b>Outer Space Week</b> <b>@1pm w/ Coach Sharron</b>  Jump to the moon! How high can you jump?	<b>10</b> <b>Outer Space Week</b> <b>@10am w/ Coach Sydney</b>  We can be flying objects. Do you have a hula hoop?	<b>11</b> <b>Outer Space Week</b> <b>@1pm w/ Coach Sydney</b>  We can be flying objects. Do you have a hula hoop?	<b>12</b> 
<b>15</b> <b>Superhero Week</b> <b>@10am w/ Coach Sharron</b>  Superhero training. We will get faster and stronger!	<b>16</b> <b>Superhero Week</b> <b>@1pm w/ Coach Sharron</b>  Superhero training. We will all get faster and stronger!	<b>17</b> <b>Superhero Week</b> <b>@10am w/ Coach Sydney</b>  Superheros can be acrobats. Learning to roll.	<b>18</b> <b>Superhero Week</b> <b>@1pm w/ Coach Sydney</b>  Superheros can be acrobats. Learning to roll.	<b>19</b> 
<b>22</b> <b>Carnival Week</b> <b>@10am w/ Coach Sharron</b>  Balloon play. So much fun!	<b>23</b> <b>Carnival Week</b> <b>@1pm w/ Coach Sharron</b>  Balloon play. So much fun!	<b>24</b> <b>Carnival Week</b> <b>@10am w/ Coach Sydney</b>  Lots of games to play. Are you ready?	<b>25</b> <b>Carnival Week</b> <b>@1pm w/ Coach Sydney</b>  Lots of games to play. Are you ready?	<b>26</b>  <b>June Virtual Training is complete!</b>  <b>We hope you had fun!</b>

# June 2020 Virtual Gymnastics 1 Class Schedule (45 minutes classes)



An incredible class where you will learn stronger handstands, cartwheels, round-offs, back bends and so much more.... Let's GO!!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Back to Gymnastics</b> <b>@ 4pm w/ Coach Sydney</b>  We are excited to move any way we can!	<b>2</b> <b>Back to Gymnastics</b> <b>@5pm w/ Coach Sydney</b>  We are excited to move any way we can!	<b>3</b> <b>Rock-and-Roll Mania</b> <b>@4pm w/ Coach Tracy</b>  Roll variations...there are so many you can do!	<b>4</b> <b>Rock and Roll Mania</b> <b>@5pm w/ Coach Tracy</b>  Roll variations...there are so many you can do!	<b>5</b>  Try to keep your legs straight in a cartwheel. Practice, practice!
<b>8</b> <b>Split Extravaganza</b> <b>@4pm w/ Coach Sydney</b>  Splits on the floor, against the wall, in a handstand!	<b>9</b> <b>Split Extravaganza</b> <b>@5pm w/ Coach Sydney</b>  Splits on the floor, against the wall, in a handstand!	<b>10</b> <b>Disney Day</b> <b>@4pm w/ Coach Tracy</b>  Speed, power, agility, games and drills. Who is your favorite character?	<b>11</b> <b>Disney Day</b> <b>@5pm w/ Coach Tracy</b>  Speed, power, agility, games and drills. Who is your favorite character?	<b>12</b>  Can you do a 15-second handstand against the wall. Try one!
<b>15</b> <b>Ka-Boom!</b> <b>@4pm w/ Coach Sydney</b>  Power Day. Jumping skills, running drills...how fast can you go?	<b>16</b> <b>Ka-Boom!</b> <b>@5pm w/ Coach Sydney</b>  Power Day. Jumping skills, running drills...how fast can you go?	<b>17</b> <b>The Handstand Challenge</b> <b>@4pm w/ Coach Tracy</b>  Progressions on the floor, using a wall, how long can you hold without a wall?	<b>18</b> <b>Turns, jumps and leaping</b> <b>@5pm w/ Coach Tracy</b>  Progressions on the floor, using a wall, how long can you hold without a wall?	<b>19</b>  Have a show at home: Show your 5 best straddle jumps. How about showing your best forward roll?
<b>22</b> <b>Create a skills routine</b> <b>@4pm w/ Coach Sydney</b>  So many ways to create a routine...and so many skills to show!	<b>23</b> <b>Create a skills routine</b> <b>@5pm w/ Coach Sydney</b>  So many ways to create a routine...and so many skills to show!	<b>24</b> <b>Showcase of Talent</b> <b>@4pm w/ Coach Tracy</b>  Dress up and get ready to show what you have learned!	<b>25</b> <b>Showcase of Talent</b> <b>@5pm w/ Coach Tracy</b>  Dress up and get ready to show what you have learned!	<b>26</b>  <b>June Virtual Training is complete!</b>  <b>We hope you had fun!</b>

# June 2020 Virtual Gymnastics 2 Class Schedule (60 minute classes)



An incredible class where you will begin perfecting tumbling elements, learn a press handstand, get strong and more flexible... oh MY!!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Back to Gymnastics</b> <b>@ 5pm w/ Coach Sydney</b>  We are excited to move any way we can!	<b>2</b> <b>Back to Gymnastics</b> <b>@4pm w/ Coach Sydney</b>  We are excited to move any way we can!	<b>3</b> <b>Rock-and-Roll Mania</b> <b>@5pm w/ Coach Tracy</b>  Roll variations...there are so many you can do!	<b>4</b> <b>Rock and Roll Mania</b> <b>@4pm w/ Coach Tracy</b>  Roll variations...there are so many you can do!	<b>5</b>  Can you do a back bend and kick over? If you can or can't try 5 times!
<b>8</b> <b>Split Extravaganza</b> <b>@5pm w/ Coach Sydney</b>  Splits on the floor, against the wall, in a handstand and while jumping!	<b>9</b> <b>Split Extravaganza</b> <b>@4pm w/ Coach Sydney</b>  Splits on the floor, against the wall, in a handstand, and while jumping!	<b>10</b> <b>Disney Day</b> <b>@5pm w/ Coach Tracy</b>  Speed, power, agility, games and drills. Dance movement connections	<b>11</b> <b>Disney Day</b> <b>@4pm w/ Coach Tracy</b>  Speed, power, agility, games and drills. Dance movement connections	<b>12</b>  Handstands are hard. Try a 30-second handstand against the wall. Can you do 45 seconds?
<b>15</b> <b>Ka-Boom!</b> <b>@5pm w/ Coach Sydney</b>  Power Day. Floor and vault progressions... it is time to work our legs!	<b>16</b> <b>Ka-Boom!</b> <b>@4pm w/ Coach Sydney</b>  Power Day. Floor and vault progressions... it is time to work our legs!	<b>17</b> <b>The Handstand Challenge</b> <b>@5pm w/ Coach Tracy</b>  Progressions on the floor/wall and developing a press handstand	<b>18</b> <b>Turns, jumps and leaping</b> <b>@4pm w/ Coach Tracy</b>  Progressions on the floor/wall and developing a press handstand	<b>19</b>  Have a show at home: Show your 5 best cartwheels and 5 best round-offs
<b>22</b> <b>Create a skills routine</b> <b>@5pm w/ Coach Sydney</b>  So many ways to create a routine...and so many skills to show!	<b>23</b> <b>Create a skills routine</b> <b>@4pm w/ Coach Sydney</b>  So many ways to create a routine...and so many skills to show!	<b>24</b> <b>Showcase of Talent</b> <b>@5pm w/ Coach Tracy</b>  Get your favorite music and we will put a routine together... this is fun!	<b>25</b> <b>Showcase of Talent</b> <b>@4pm w/ Coach Tracy</b>  Get your favorite music and we will put a routine together... this is fun!	<b>26</b>  June Virtual Training is complete!  We hope you had fun!

# June 2020 Virtual Ninja and Tricking Class Schedule (45 minute classes)



An incredible class where you will work on jumping, rolling, getting stronger (upside down and right side up) all while having FUN!!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> <b>Fancy Footwork</b> <b>5pm w/ Coach Alex</b>  Different running and movement techniques	<b>3</b> 	<b>4</b> <b>Precision jumping</b> <b>5pm w/ Coach Alex</b>  Using correct jump techniques to perfect the art of precision landings.	<b>5</b>  Test your jumping skills by seeing how far and how high you can jump.
<b>8</b> 	<b>9</b> <b>Balancing on our hands</b> <b>5pm w/ Coach Alex</b>  Handstands and cartwheels... we use them in the future	<b>10</b> 	<b>11</b> <b>Ninja rolls into dive rolls</b> <b>5pm w/ Coach Alex</b>  Mastering the ninja roll so we can learn the dive roll	<b>12</b>  Hold a plank for 45 seconds without coming down. Can you do it?
<b>15</b> 	<b>16</b> <b>Vault day</b> <b>5pm w/ Coach Alex</b>  Mastering old vaults and learning new ones	<b>17</b> 	<b>18</b> <b>Core-azy Ninja!</b> <b>5pm w/ Coach Alex</b>  Another day of working on our core strength	<b>19</b>  Handstand against the wall: 30 seconds? 45 seconds?
<b>22</b> 	<b>23</b> <b>Wall work</b> <b>5pm w/ Coach Alex</b>  Learning some fun and safe tricks we can use on the wall	<b>24</b> 	<b>25</b> <b>Ninja test Part 2</b> <b>5pm w/ coach Alex</b>  Combining all our skills to complete this test!	<b>26</b>  <b>June Virtual Training is complete!</b>  <b>We hope you had fun!</b>

# June 2020 Virtual Boys Pre-Team and Open Team Schedule



Focused classes to keep our boys and girls in shape, motivated, and ready for when we get back to Impact. Hope you can join the fun!!

Boys Pre-Team (45 minute classes) \$65 for June		Boys and Girls Open Team (60 minute classes) \$80 for June	
Tuesday 12- 12:45	Thursday 12 – 12:45	Tuesday 1 – 2pm	Thursday 1 – 2pm
<b>June 2<sup>nd</sup></b> <b>Back handspring foundations</b> <b>w/ Coach Mathieu</b>  Strength: Cardio Strength too!	<b>June 4<sup>th</sup></b> <b>Upside down Day</b> <b>w/ Coach Mathieu</b>  Strength: Leg strength... feel the burn!	<b>June 2<sup>nd</sup></b> <b>Back handspring foundations</b> <b>w/ Coach Mathieu</b>  Strength: Cardio Strength too!	<b>June 4<sup>th</sup></b> <b>Upside down Day</b> <b>w/ Coach Mathieu</b>  Strength: Leg strength... feel the burn!
<b>June 9<sup>th</sup></b> <b>Better Handstands</b> <b>w/ Coach Mathieu</b>  Strength: Core-azy strength!	<b>June 11<sup>th</sup></b> <b>Rock-and-Roll mania</b> <b>w/ Coach Mathieu</b>  Strength: Arms... great for handstands!	<b>June 9<sup>th</sup></b> <b>Better Handstands</b> <b>w/ Coach Mathieu</b>  Strength: Core-azy strength!	<b>June 11<sup>th</sup></b> <b>Rock-and-Roll mania</b> <b>w/ Coach Mathieu</b>  Strength: Arms... great for handstands!
<b>June 16<sup>th</sup></b> <b>More Press handstands</b> <b>w/ Coach Mathieu</b>  Strength: Cardio and arm combo strength	<b>June 18<sup>th</sup></b> <b>Bars without Bars</b> <b>w/ Coach Mathieu</b>  Strength: Abs of steel work!	<b>June 16<sup>th</sup></b> <b>More Press handstands</b> <b>w/ Coach Mathieu</b>  Strength: Cardio and arm combo strength	<b>June 18<sup>th</sup></b> <b>Bars without Bars</b> <b>w/ Coach Mathieu</b>  Strength: Abs of steel work!
<b>June 23<sup>rd</sup></b> <b>Team Challenges</b> <b>w/ Coach Mathieu</b>  Strength: it's all in the challenge!	<b>June 25<sup>th</sup></b> <b>Game Day!</b> <b>w/ Coach Mathieu</b>  How many games can you think of to play 'in the gym'?	<b>June 23<sup>rd</sup></b> <b>Team Challenges</b> <b>w/ Coach Mathieu</b>  Strength: it's all in the challenge!	<b>June 25<sup>th</sup></b> <b>Game Day!</b> <b>w/ Coach Mathieu</b>  How many games can you think of to play 'in the gym'?