

Gold Medal Gymnastics!

By Alyssa Amato

Jumping, flipping, twisting! Gymnastics is a great sport to keep you active. You can learn handstands, cartwheels, splits, back handsprings and many other amazing skills! If you don't know a lot about gymnastics, the sport consists of four girls events and six boys events. The girls compete on the uneven bars, beam, floor and vault. Boys compete on the floor, pommel horse, still rings, vault, parallel bars and high bar.

Gymnastics doesn't only make you stronger physically, but mentally as well. It teaches you important things such as goal setting and achievement, communication, and discipline. Even though gymnastics is an individual sport, it also teaches gymnasts teamwork. Gymnastics can help you stay in shape too by helping you build upper and lower body strength, improve balance and coordination, flexibility, and spacial awareness.

At Gold Medal Gymnastics Center, you can learn many skills and train on the events competitors compete on. Gold Medal has pre-school programs for the little ones and recreational programs. In recreational programs there are different "levels". They start from beginners to accelerated! The accelerated programs are for the girls who are highly skilled.

If you feel like bouncing around, you can sign up for a tumbling and trampoline class! Also, if you want to work on skills and choose what events you'd like to do, you can go to open gym! At open gym it's basically your chance to do almost anything you want to do! If you have time over the summer break, you can even sign up for summer camp and classes!

When school lets out they even hold an expo at each of the five locations. It's basically a showcase with no scores and the best part is you get to show your friends and family all the skills you've learned! Everyone wins and gets a trophy, medal, certificate, or plaque.

Did I mention they even have birthday parties? At the birthday parties, you will have a "fliptastic" time!

They even have a giant inflatable that the kids get to go through. The birthday child gets to fly high in the harness - a great photo opportunity!

Gold Medal is a well equipped gym and has a fun learning environment. There are five different locations. Rocky Point, Huntington, Centereach, Smithtown and Garden City. The USAG and IGC girls and boys teams are very talented!

They compete in all different locations! To get on team, you have to be in gymnastics for quite a while and typically start at a young age. You don't have to be on team to be great! Team practices are a big commitment but don't panic because if you miss a few classes in the recreational programs or other programs, it's not a big deal! So, if you need a sport to do or have nothing going on, I recommend you sign up for a class at one of the five Gold Medal locations!

You can check them out on their website <http://www.gmgc.com>. "You don't have to be great to get started, you have to get started to be great!"

