



Power and Grace Gymnastics is pleased to introduce a new and exciting program! It's our GEMS program which will be open to gymnasts who are at the Intermediate or Advanced Level in our class program or a member of our team.

The GEMS program is modeled after the TOPS program designed by USA Gymnastics. Its purpose is to further enhance a gymnast's training by giving her the advantage of additional strength, flexibility, and some

skill/drill training. Both the strength and flexibility training are targeted directly at the necessary muscle groups needed to perform to the ultimate in the sport of gymnastics. Like the TOPS program, one of the GEMS program goals is to get gymnasts to a higher level of competition sooner, so that they don't spend as much time in the compulsory segment of gymnastics. You could call it a 'fast track' to a higher skill level.

Please contact the office with any questions or talk to your instructor to decide if this program is the right one for you.

You may register for this class on the summer registration form when you register for your regular class.

Due to the nature and intensity of this program, registration will be limited.