

Our mission at Premier Gymnastics is to provide quality gymnastics instruction to children of all ages and skill levels. Our positive, nurturing approach is geared towards instilling confidence and self-esteem in a safe, fun and challenging environment. Our student-teacher ratio is limited to provide the best learning experience to our students. You will rarely find your child standing in line. We like to keep the kids moving and learning at all times!

Children enrolled in our classes will receive a Report Card every 8 weeks tracking their progress!

At Premier Gymnastics, we are dedicated to maintaining a coaching staff with a high level of experience and professionalism. Our Staff attends monthly trainings to continually better their coaching techniques and skill progressions.

Our program is challenging and rewarding, committed to helping children succeed in their weekly class or as an advanced level gymnast. Our classes provide a level of physical fitness to all children that cannot be found in other sports, helping children succeed in any sport they choose to pursue after training gymnastics.

Our coaching staff is required to have a USA Gymnastics Instructor or Professional Membership, as well as complete the following course list.

USA Gymnastics Memberships

Instructor Membership

- Instructors and teachers of recreational, preschool, and pre-competitive gymnasts. Instructor Members must be 14 years of age or older.
- Instructor Membership is highly recommended, but not required for gymnastics instructors and teachers. Instructor Membership does not permit an individual to coach on the floor of a USA Gymnastics sanctioned event.

Professional Membership

- Competitive coaches at all levels, for Women's, Men's, Rhythmic, Trampoline & Tumbling, Group Gymnastics, and Acrobatic Gymnastics.
- Judges and officials at all levels for Women's, Men's, Rhythmic, Trampoline & Tumbling, Group Gymnastics, and Acrobatic Gymnastics
- Meet Directors: Individuals hosting/running USA Gymnastics sanctioned events and applying for event sanctions
- Other gymnastics professionals who participate in USA Gymnastics sanctioned events and wish to take advantage of the member benefit
- Professional Membership is required for participation in any USA Gymnastics sanctioned event. Individuals must hold a professional membership that includes the gymnastics discipline in which he/she is participating (i.e. women's, men's, rhythmic, trampoline and tumbling, acrobatic gymnastics or group gymnastics).

Course Descriptions

Fundamental of Gymnastics Instruction

The Fundamentals of Gymnastics Instruction course was designed to provide gymnastics professionals with a knowledge base of key principles and proven coaching techniques used in gymnastics today. The topics of coaching principles, basic safety and risk management, communication, supervision and instruction, teaching gymnastics skills, athlete development and preparation, and more are covered in this comprehensive introductory course. The end of the course contains a "Coaches Clinic" segment with common terminology as well as video demonstrations of beginning recreational skills and progressions.

This course will be beneficial to all gymnastics professionals - both experienced and inexperienced. Instructors new to the sport of gymnastics will find this course provides a valuable foundation on which to build their education and skills. Experienced professionals can use this course as a self-assessment to fine-tune their own skills and coaching philosophy as well as align with industry best practices. All gymnastics professionals will gain greater insight, knowledge, training tips, and ideas throughout the course.

The focus of the Fundamentals of Gymnastics Instruction Course is predominantly on the recreational gymnastics levels, however the information is applicable to all levels, from preschool, to school-age, to competitive athletes. The skills presented are basic skills advancing no higher than levels 2 or 3. All gymnastics disciplines are covered including women's artistic, men's artistic, trampolining, rhythmic, and acrobatics.

Safe Sport

The United States Olympic Committee (USOC), SafeSport Course provides important training about the nature of misconduct in sport and gives you actionable information to better protect athletes. USA Gymnastics University will issue course credit for completion of the course.

Safety Risk and Management

The primary goal of this course is to increase safety and risk management awareness. The course has been designed for a variety of audiences - gymnastics coaches, teachers, instructors, club owners, meet directors, judges, athletes and others. The course addresses the two basic areas of risk in gymnastics - risk of injury, which is the primary risk, and risk of a lawsuit. Education, preparation, and vigilance are the primary tools gymnastics professionals need to deal with risk and uncertainty in the sport of gymnastics.

Background Check performed on all employees 18 years of age.