

# Cobra's Frequently Asked Questions



## How many kids are in each class?

We are able to teach efficiently and safely by following the national gymnastics guidelines for student to teacher ratios. We aim to keep our pre-school and boys classes at 6:1 while our recreation and team level classes are 8:1. In some cases with older or more advanced students we will raise the ratio to 10:1. These ratios allow our coaches to give each student the individual attention needed to promote development and understanding of the sport.



## What kind of teaching methods do you use at Cobra?

We recognize that students learn in many different ways therefore we implement a variety of methods to incorporate visual, auditory and physical learning into our lesson plans. We often use pictures and numbers to help establish order and prompts for stations. It is helpful if your child can identify numbers 1-10 and follow a path from one place to the next.

**Obstacle Course/Circuit:** Our favorite and most widely used method is the circuit style; 4-8 stations are set up and student are taught to circulate the stations in the style of an obstacle course. A cardiovascular component is naturally achieved in addition to continuous movement and repetition of skills (a necessary part of gymnastics learning). Coaches will often stay at one station to spot or instruct a specific skill or may simply oversee the entire circuit.

**Staying Stations:** This style of teaching requires more explanation at the beginning of the event rotation, but allows the student to repeat the skill numerous times before moving onward to another station or skill. This system can sometimes use partnering or single person stations (example: 4 stations for an 8 person class vs. 8 stations for an 8 person class). This allows the coaches to introduce a new skill or help students master a difficult skill, while the other students independently work on skills that do not require assistance and/or that they have previously learned.

**Group Teaching:** During warm-ups, trampoline, TumbleTrak (our 40' trampoline), floor or often balance beam, we teach the students as a group. We may ask them to demonstrate one at a time or in smaller groups. This allows them to learn by watching others in addition to attempting it on their own. This is an active style of coaching, so you will see the dynamic personalities of our staff shine through.



## How long should by child be in the same class?

Depending on learning style, dedication and natural athletic ability, students may remain in the same level for up to two years (team levels provide more growth opportunities and may remain in the same level longer). They will continue to learn during this process; our teaching revolves around individual growth within each class grouping. 95% of our students will stay in the same class level for the entire school year.

We have found that advancing children too early limits their knowledge of the basic skill foundations and terminology of gymnastics, which will hinder confidence, ability and advancement in the future. Coaches give recommendations in the Spring for Summer and Fall placements.



## How do I know what class to enroll in & how does my child advanced to the next level?

Until age six, we rely on ages to help us organize our classes. Students that will be under the age of three at the time of enrollment must remain in our Parent/Child program. Students that are in not in Kindergarden must remain in our pre-school program. Once students are in Kindergarden they will begin our recreation program, level 1 or level 1 advanced.

Once in first grade, we begin to test our gymnasts. We have developed a skill testing system by combining decades of staff experience plus the knowledge of the USA Gymnastics Program. The list of 35-40 skills for each level of gymnastics includes skills to guide us in our lesson plans and allows us to provide quality skill development with safety and a sustainable foundation of gymnastics progressions in mind. We will teach all of the skills year-round, but only test certain skills at certain times of year. You can track your child's progress on our parent portal. Skills are rated 3 stars for mastery, 2 stars if progress is seen, and 1 star if the skill has been introduced but the athlete needs time to develop the strength, coordination, courage or flexibility to achieve the skill.



## Should we practice at home?

This is inevitable if you have a child who loves gymnastics! However, many incorrect habits form when practicing "backyard gymnastics". For more gym time, attend our open gyms on Saturdays or come to a second class per week. There are many instructional videos available, however, please utilize our knowledgeable staff for information!



## What types of awards and show do you have at Cobra?

We will host a Cobra show in May for all students 4+. We will host an award week at the end of the Fall session and the Winter/Spring session to give students a participation certificate. Pre-school classes will have in-gym shows in the Spring. If our tested gymnasts (ages 6+) have accomplished learning their respective level skills, they will receive a medal. All student who participate in the entire school year receive a trophy.



- Please read our policies on the portal for information on make-up classes, cancelled classes or dropping classes, sibling discounts, multi-class discounts and more!
- Please read our class descriptions on the portal to understand the differences between our variety of class levels.
- Email us at [cobravn@me.com](mailto:cobravn@me.com) with further questions!
- Please see our calendar at a glance for holiday closure dates and daily class offerings.