



CAG Mission:

CAG strives to provide each child with an enriching social, physical, and cognitive developmental movement experience through gymnastics.

ACTIVE...HAPPY...STRONG...TOGETHER

CAG Program Objectives:

- **Make moving fun!**
- **Development of skills to enhance other sports and lifelong activities.**
- **Create an enriching environment which elevates coordination, strength, power, flexibility and cognitive abilities.**
- **Goal setting.**
- **Provide social interaction with peers.**

CA Instructional Skill Progress & Promotion Guidelines:

- **35-38 weeks School Year Session**
- **Event lesson planning with progressions every 3 weeks.**
 - Focus: 2-3 skills per event assigned by class level & ability.
 - Target Skills required for class level promotion are included.
- **Skill Progress Updates:**
 - Target skills for each event will be listed on the skill progress updates
 - A key will be located on the left of the report
 - 1 check mark means the skill has been introduced
 - 2 check marks means the skill has been evaluated
 - 3 check marks means the skill has been attained.
 - Attained=able to do the skill on their own 3 times in a row
 - Updates include each class levels event target skill lists Evaluated & Recorded 2x's per School Year Session
 - December Skill Progress Updates distributed in January.
 - April Skill Progress Updates distributed in Late April/Beginning of May.
- **Student Promotions:**
 - When your child has been promoted, you will receive an official promotion notification.
 - Upon receipt, please contact our main office to check for availability of classes for your child's newly promoted class level.

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