



## Artistic Gymnastics

### Basic program for young gymnasts

The French Federation of Gymnastics is developing a program for young gymnasts (6 years old and more).

This program, based on 10 levels, proposes acrobatics activities exercises.

The gymnast can learn basic skilled (forward roll, cartwheel, handstand, pyramid) and improves his strength and flexibility by specific exercises according to his abilities.

Each level is made by lessons and test. When the gymnast passes the test he receives a diploma.

At the beginning each level needs only 2 or 3 lessons to succeed on a test.

The coach has the possibility to download on the FFG Website all he needs to organize the activity.

- Workshop form ;
- Video from the exercises;
- Diploma;
- Warming up music and video;

It's a perfect concept for young coaches. They just have to follow step by step the program.

