



July 24-26 ● Wind Creek Bethlehem ● Bethlehem, PA

Venue

Wind Creek Bethlehem
77 Wind Creek Blvd., Bethlehem, PA 18015
484-777-7777

Parking: Complimentary

Venue Map



Schedule of Events

Thursday, July 23

- 4:00–9:00 p.m. R103: School Age: Hands-on Training
- 5:30–8:30 p.m. Congress Registration

Friday, July 24

- 7:00 a.m.–4:45 p.m. Congress Registration
- 7:45 a.m.–5:45 p.m. Trade Show Hall Open
- 8:30 a.m.–12:15 p.m. Congress Lectures
- 12:15–1:45 p.m. Lunch Break
- 12:30–1:30 p.m. Hands-on Taping: Lower Extremity
- 1:00–1:30 p.m. Lunchtime Learning Sessions
- 1:45–5:15 p.m. Congress Lectures
- 5:30–7:00 p.m. Region 6 & 7 Cocktail Reception

Saturday, July 25

- 7:45 a.m.–4:45 p.m. Congress Registration
- 7:45 a.m.–5:45 p.m. Trade Show Hall Open
- 8:30 a.m.–12:15 p.m. Congress Lectures
- 10:45–11:15 a.m. Hands-on Taping: Lower Extremity
- 12:15–1:45 p.m. Lunch Break
- 12:30–1:30 p.m. Hands-on Taping: Upper Extremity
- 1:00–1:30 p.m. Lunchtime Learning Sessions
- 1:45–5:15 p.m. Rec & Preschool Leadership Summit
- 1:45–5:15 p.m. Congress Lectures
- 6:00–9:00 p.m. Foundational Boot Camp: PreTeam, Dev & Xcel Coaches

Sunday, July 26

- 8:00–10:00 a.m. Congress Registration
- 8:00 a.m.–Noon Trade Show Hall Open
- 8:30–10:45 a.m. Readiness & Response Workshop
- 8:30 a.m.–Noon Congress Lectures
- 12:30–2:00 p.m. PCA: Supporting Positive Athlete Behavior Through Responsive Coaching

Hands-on Spotting Sessions

Sign-up at registration table beginning Thursday at 5:30 p.m. Participants **must** have current U110 U.S. Center for Safe Sport Training certification to participate in hands-on spotting activities.

Friday, July 24

- 11:15 a.m.–12:15 p.m. Recreational Skills
- 1:45–2:45 p.m. UB: Kips; BB: Basic Acro Skills; FX: Front & Back Handsprings
- 3:00–4:00 p.m. UB: Clear Hips & 3,6,7 Circles; FX: Round-off, BHS Series, Front Tumbling

Saturday, July 25

- 9:45–10:45 a.m. UB: Flyaways; BB: Acro Skills & Connections; FX: Aerials, F&B Tucks
- 11:15 a.m.–12:15 p.m. UB: Low Bar Giants; FX: Round-off, BHS, Back Tuck & Beyond
- 1:45–2:45 p.m. VT: Yurchenkos; UB: Overshoots; BB: Dismounts

Extras and Extended Sessions

Taping Booth

Practice upper and lower extremity taping techniques with guidance from Penn State Kinesiology professor Lauren Kramer. Visit the Taping Booth in the Trade Show Hall for hands-on instruction, skill development, and practical tips you can take back to your gym. Check the schedule for Taping Booth hours.

Lunchtime Learning

Friday & Saturday, 1:00–1:30 p.m.

Grab your lunch and take advantage of these extended learning opportunities during the Congress lunch break at these informative Lunchtime Learning sessions!

Rec & Preschool Leaders Summit: Empowering Recreational & Preschool Gymnastics Leaders

Saturday, 1:45–5:15 p.m. – *3.5-hour extended session*

Designed for recreational and preschool gymnastics coaches, managers, and owners, this interactive Open Space summit lets participants shape the conversation around the topics that matter most. Through collaborative discussions, attendees will share ideas, tackle common challenges, and explore practical strategies for coaching, staffing, communication, management, and program development. Leave with fresh perspectives, valuable connections, and actionable ideas to strengthen your programs. [Click here for more details](#)

Readiness & Response: How Clubs Navigate the Unexpected

Sunday, 8:30–10:45 a.m. – *2-hour extended session*

Explore how strong preparation, communication, and systems help coaches and club leaders respond confidently and effectively when unexpected situations arise.

Add-On Courses

R103: School Age: Hands-on Training

Thursday, 4:00–9:00 p.m. – [Click here to register](#)

Join us for an evening of fun and professional development! With an emphasis on safety, individual development, fitness and fun, instructors of recreational gymnasts will learn age-appropriate skills, drills and progressions on all events. Information about lesson planning, class management, warm-ups and games will be provided, along with hands-on spotting practice.

Foundational Gymnastics Boot Camp: For PreTeam, Development & Xcel Coaches

Saturday, 6:00–9:00 p.m. – *Free to Congress Attendees. Sign-up at Registration Table.*

Build stronger basics with hands-on, coach-to-coach training focused on clear progressions & drills, shaping, strength, and coaching cues that create confident athletes and consistent results.

PCA: Supporting Positive Athlete Behavior Through Responsive Coaching

Sunday, 12:30–2:00 p.m. – *Free to Congress Attendees. Presented by Positive Coaching Alliance.*

Discover how responsive coaching can improve athlete behavior, build accountability, strengthen relations, and create more positive, productive team environments. [Click here to register](#)

Be sure to visit the [Congress Schedule](#) for more details and a full list of activities!

On-site and Nearby Dining Options

The Market Gourmet Express – *Food Court: Coffee, Salads, Sandwiches, Pizza, Burgers*

Wind Creek Bethlehem | Distance: Onsite | [Website](#)

Urban Table – *Contemporary American*

Wind Creek Bethlehem | Distance: Onsite | [Website](#)

Steelworks Buffet and Grill – *Buffet and a la Carte Classics*

Wind Creek Bethlehem | Distance: Onsite | [Website](#)

Chop House at Wind Creek – *Upscale Steakhouse & Seafood*

Wind Creek Bethlehem | Distance: Onsite | [Website](#)

The Bayou – *Cajun-Creole*

702 Hawthorne Rd., Bethlehem, PA 18018 | Distance: 0.7 miles | [Website](#)

Apollo Grill – *American Bistro*

85 W. Broad St., Bethlehem, PA 18018 | Distance: 1.4 miles | [Website](#)

Twisted Olive – *Mediterranean*

51 W. Broad St., Bethlehem, PA 18018 | Distance: 1.4 miles | [Website](#)

Tre Scalini Ristorante – *Italian*

221 E. Broad St., Bethlehem, PA 18018 | Distance: 1.5 miles | [Website](#)

Thai Thai II – *Thai*

509 Main St., Bethlehem, PA 18018 | Distance: 1.5 miles | [Website](#)