

## **GIRLS GYMNASTICS**

### **GIRLS BEGINNER GYMNASTICS- Age 5 (in kindergarten) and 6 and Up.**

This program teaches basic Gymnastics Skills, Balance, Strength, Agility, Flexibility, Focus, Discipline and Coordination. School age girls are trained in all Olympic Events; Floor (tumbling), Uneven Bars, Balance Beam and Vault. Classes are taught using a Safe, Step by Step Curriculum. Classes have an average of 8 girls per Instructor.

### **GIRLS ADVANCED BEGINNER GYMNASTICS: (by Invitation Only) Ages 6 and Up.**

This program teaches more advanced gymnastics skills on Floor (tumbling), Uneven Bars, Balance Beam and Vault. Students are enrolled upon Instructor Recommendation after girls have mastered the basic skills required in the Beginner Gymnastics class. Classes are taught with a Safe, Step by Step Curriculum. Classes average 10 girls per Instructor.

### **GIRLS INTERMEDIATE GYMNASTICS: (by Invitation Only) Ages 6 and Up.**

This is our most Advanced recreational Class. Skills are taught on Floor (tumbling), Uneven Bars, Balance Beam and Vault. Students are enrolled upon Instructor Recommendation when girls have mastered all the skills in the Girls Advanced Beginner class. This class is taught with a Safe, Step by Step Curriculum. This class has an average of 10 girls per Instructor.

Courthouse Gymnastics also has a PreTeam program, a Developmental Team program and Competitive Girls Teams, Levels 2-10



See more pictures on the next page.

