

BOYS GYMNASTICS

BOYS BEGINNER GYMNASTICS: Boys Only, 5 years old (In Kindergarten), Ages 6 & up.

This class teaches Gymnastics Skills and improves balance, strength, agility, flexibility, focus, discipline and coordination. Students are trained in all Olympic Events; Floor (tumbling), Parallel Bars, Vault, Rings, Pommel Horse and High Bar.

Classes are taught using a Safe, Step by Step curriculum. These classes have an average of 8 students per instructor.

BOYS ADVANCED BEGINNER GYMNASTICS: Invitation Only. This class can be enrolled in Only by Recommendation of an Instructor after the skills in the Beginner Class are mastered.

Courthouse Gymnastics Co. also has Boys Competitive Teams, Levels 4-10.



