

GIRLS AND BOYS GYMNASTICS

1 Hour Classes

Beginner, Advanced Beginner and Intermediate Gymnastics Classes

Ages 5(in kindergarten) and Age 6 and Up

See [What to Wear](#) at bottom

GIRLS' GYMNASTICS CLASSES:

GIRLS BEGINNER GYMNASTICS

Ages 5 (in Kindergarten) & Age 6 and Up.

This program teaches basic Gymnastics Skills, Balance, Strength, Agility, Flexibility, Focus, Discipline and Coordination. 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 BEGINNERGYMNASTICS: (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. (See Next Page) 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 Co. also has a Girls' Competitive Team Program, Levels 2-10.

WHAT TO WEAR TO CLASS-

Leotard, any color. Hair in a Ponytail or short hair pulled back out of face.

Barefoot.

No Jewelry.

We sell leotards in our Pro Shop. Jazzy Dancer and other stores also sell leotards.

[Boys Beginner Gymnastics on Next Page.](#)

BOYS BEGINNER GYMNASTICS:

Ages 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.

Courthouse Gymnastics also has a Boys Competitive Team Program, Levels 3- 10.

BOY'S WHAT TO WEAR TO CLASS-

Shorts, a T-shirt that will stay tucked in.

Barefoot.

We sell T-shirts in our Pro Shop but any T-shirt will be fine.