

## **BOY'S BEGINNER CLASS DESCRIPTION**

### **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.**

**Courthouse Gymnastics also has competitive Boys Teams, Levels 4-10.**