



(817)-912-1263
 280 COMMERCE ST SUITE
 150, SOUTHLAKE TX 76092

BOYS REC. GYMNASTICS

LEVEL	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Boys Level 1	4:00-4:55	4:00-4:55	4:00-4:55 6:00-6:55		5:00-5:55	9:00-9:55 10:00-10:55
Boys Level 2	6:00-6:55	4:00-4:55		5:00-5:55		

(Class descriptions can be found on the back of this page)



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BOYS RECREATIONAL CLASSES

Boys Level 1: 55-Minutes / Boys Only

This 55 minute class is for beginner boys ages 5 and up. Students are not required to have any previous experience in gymnastics in order to join this class! In this Boys Level 1 Class, gymnasts begin focusing on the six men's Olympic events: floor, still rings, vault, pommel horse, parallel bars, and high bar. Gymnasts warm-up for the first 10-minutes of each class as a large group and then break up into their small groups to begin training with their designated coach. The remainder of the class time is spent rotating through three different events.

On floor rotations, they learn skills such as cartwheels, forward and backward rolls on an incline mat, and correct beginning and ending posture. On the rings, gymnasts will begin to get familiarized with the event as they practice tuck holds, swings, inverted pikes, and how to push up and support themselves. The vault rotation focuses on developing proper running and jumping form, which are assisted with soft mats and a coach's hands on support to spot the gymnasts. On parallel and high bars, they learn proper form to perform skills including tuck holds, swings, casts, pull ups, and leg lifts.

Boys Level 2: 55-Minute / Boys Only

This 55 minute class is the next step up for boys who have demonstrated proficiency in various beginner skills on floor, pommel horse, still rings, vault, parallel bars and high bar. Level 2 will build on skills learned in Level 1 and challenge gymnasts to execute skills with greater independence (i.e., without their coach spotting them as firmly). Gymnasts warm-up for the first 10-minutes of each class as a large group and then break up into their small groups to begin training with their designated coach. The remainder of the class time is spent rotating through three different events.

The floor rotation challenges gymnasts to further develop their cartwheels and jumps and to execute forward and backwards rolls without the assistance of an incline mat. On rings they will increase the duration and repetition of skills introduced in Level 1, by holding tucks and supports for longer and completing more swings in a single go, which will help to increase their endurance. They will also be taught new skills such as inverted hangs and "skin-the-cat". On the vault rotation they will increase the difficulty of the skills they have already learned and perform them with less hands on support. The parallel and high bar rotations will also challenge them to increase the duration and repetition of skills gymnasts have already been introduced to, by holding tucks for longer, completing more chin and pull ups, and lifting their legs all the way up to the bar. The goal of this class is to prepare gymnasts to graduate from recreational classes and join our Boys preteam!

****Prerequisites include completion of Boys Level 1 OR a coach evaluation***