

Boys Recreational Classes

FORMAT

This is a multilevel program where children progress from level to level at their own pace. Classes are divided into groups according to age and ability. Great care is taken to teach skills in a thorough and progressive manner to ensure against "gaps" that might restrict their gymnastics potential in later years. Student skill evaluations will be every 8-10 weeks to determine if a child is ready for the next level.

OBJECTIVES

- To develop strength, flexibility, coordination, and kinesthetic awareness
- To develop self-discipline and the ability to concentrate on and analyze physical movement
- To install physical activity as a daily part of life
- To develop a positive self-image and self-confidence through acquisition of gymnastics skills

Mighty Men

Ages 3-6 | 55 minutes



Muscle Men

Ages 4-6 & passed Shooting Stars/Mighty Men | 55 minutes

These classes are designed to help introduce **preschool age** boys to men's gymnastics equipment learning basic skills and positions. If these classes are not available, register for Boys Beginner.

Equipment: Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal Bar, plus Trampoline

Beginner

Ages 6+ | 55 minutes

Boys Beginner is a class set up to introduce boys to the sport of gymnastics with basic skills and positions. The boys are evaluated every few months so parents can see progress on all 6 of the men's events plus trampoline. This class will also spend time on strength, flexibility as well as help boys to understand and overcome the challenges that men's gymnastics offers.

Intermediate

Boys Intermediate goes a few steps higher in skill level. This class is designed to help boys work for goals which will prepare them for TCT's Boys Team. Both the Beginner and Intermediate boys classes include lots of fun with challenges, contests, trampoline, and games.

Advanced

Boys Advanced is a class for boys ages 10 and older who would like to come for a longer workout. Skills learned in this class are geared more toward the students strengths. Therefore, each boy may be working on some different skills from one another.



Floor, Pommel Horse, Still Rings, Vault
Parallel Bars, Horizontal Bar, Trampoline

Join us for the **Spring Show** each May!
Family and friends are welcome.
Watch our website for more information.