

Boys School Age Gymnastics Class Descriptions (Ages 5–18 years old)

Boys Super Stars Description:

For our Boys Super Stars, we have designed an exciting program to work on progressions and beginner gymnastics skills on floor, rings, vault, high bar, and pommel horse, as well as trampoline/tumble trak. Our students will develop strength, flexibility, and coordination while learning new gymnastics skills. As they learn new skills, gymnastics will be fun and exciting along with the added benefit of increased self-esteem. We track each gymnast's progress with our ribbon reward program. Once the gymnast completes their skill card they will be ready for Boys Super Stars Advanced.

Boys Super Stars Advanced Description:

For our Boys Super Stars Advanced, we have designed a comprehensive program to work on progressions and advanced gymnastics skills on floor, rings, vault, high bar, pommel horse and trampoline/tumble trak. Our students will develop strength, flexibility, and coordination while learning new gymnastics skills. As they learn new skills, gymnastics will be fun and exciting along with the added benefit of increased self-esteem. We track each gymnast's progress with our ribbon reward program.