

## **Boys School Age Gymnastics Class Descriptions**

**(Ages 5 – 18 Years Old)**

### **Boys Super Stars Description:**

**(Ages 5 – 18 Years Old)**

For our Boys Super Stars, we have designed an exciting program to work on progressions and beginner gymnastics skills on floor, rings, pommel horse, vault, parallel bars, 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. Once the gymnast completes their skill card, they will be ready for Boys Super Stars Advanced.

### **Boys Super Stars Advanced Stars Description:**

**(Ages 5 – 18 Years Old)**

For our Boys Super Stars Advanced, we have designed an exciting program to work on progressions and advanced gymnastics skills on floor, rings, pommel horse, vault, parallel bars and trampoline/tumble trak. Students will continue to develop strength, flexibility, and coordination while learning new gymnastics skills. We track each gymnast's progress with our ribbon reward program. Once the gymnast completes their skill card, they will be ready for Boys Pre-Team.

### **Boys Pre-Team Description:**

**(Ages 5 – 18 Years Old)**

Boys Pre-Team is for the higher-level gymnast who has completed the Boys Super Stars Advanced Program and is interested in competing. This class will focus on perfecting existing skills on every event while introducing competitive gymnastics concepts. Conditioning and flexibility will become an important part of this program in order to improve the gymnast's strength and coordination for even higher-level skills. Once the gymnast completes their skill card, they will be ready for the USAG Boys Competitive Team.