

Programs Could Change Due to Covid-19 and Current Restrictions



Beginning Boys Age 5 - 7

Classes will emphasize an introduction to the proper training technique of the parallel bars, pommel horse/mushroom, vault, floor exercise, rings, high bar, strength training and flexibility. Classes are carefully constructed to motivate your child in a fun and progressive environment with emphasis on safety and proper training methods.

Day	Date	Time	Price	Code
Tu	9/1 - 22	3:30 - 4:15 pm	\$10/Class	213231-71B
Tu	9/1 - 22	5:30 - 6:15 pm	\$10/Class	213231-71D
Th	9/3 - 24	4:30 - 5:15 pm	\$10/Class	213231-73C
Tu	9/29 - 10/20	3:30 - 4:15 pm	\$10/Class	213231-81B
Tu	9/29 - 10/20	5:30 - 6:15 pm	\$10/Class	213231-81D
Th	10/1 - 22	4:30 - 5:15 pm	\$10/Class	213231-83C
Tu	10/27 - 11/17	3:30 - 4:15 pm	\$10/Class	213231-87B
Tu	10/27 - 11/17	5:30 - 6:15 pm	\$10/Class	213231-87D
Th	10/29 - 11/19	4:30 - 5:15 pm	\$10/Class	213231-89C



Intermediate Boys Age 6 - 15

by coach recommendation

This class is for boys who have excelled in beginner classes and wish to continue their progress. Children begin to learn more complex skills as their strength and flexibility improves. Participants can sign up for one day of the week, although registering for twice per week is recommended for quicker progression.

Day	Date	Time	Price	Code
Th	9/3 - 24	3:30 - 4:15 pm	\$10/Class	213241-73B
Th	10/1 - 22	3:30 - 4:15 pm	\$10/Class	213241-83B
Th	10/29 - 11/19	3:30 - 4:15 pm	\$10/Class	213241-89B

