



Advanced Mighty Boys

Grades 1-3

Completion of Mighty Boys required as per coach

The main objective of this program is for participants to continue to develop and master the fundamental movement skills as well as continue to learn gymnastics skills from all six men's artistic disciplines (including rings, floor, high bar, vault, parallel bars and mushroom). The goal is to give the athlete the opportunity to enjoy sport, have fun and develop self-confidence and group/team social interactions in a safe and positive learning environment

FALL 2017

Saturday

11:30-12:30pm