



Advanced Skill Builders

Grades 3-6

In this program, athletes continue to develop more advanced gymnastics skills in all 6 men's artistic disciplines. They will extend and refine agility, balance, coordination, flexibility and strength. The main goal is to ensure successful, ongoing and progressive participation in recreational gymnastics in a fun and positive learning environment.

FALL 2017

Tuesday	4:45-6:15pm
Thursday	4:45-6:15pm