



GymSpring (Invite Only)

Grade Preschool

GymSprings is an advanced preschool recreational gymnastic program for girls aged 3-5 years old (Preschool). The program runs under our Gymnastics For All programming.

This program is by special invitation only and all athletes have been exposed to kinder gymnastics before entering the program.

Training in GymSprings focuses on physical conditioning and apparatus skill development. Emphasis is placed on correct body alignment, position and detail for each skill.

FALL 2017

Tuesday 12:30-1:30pm

Wednesday 12:30-1:30pm