



GymStart (Invite Only)

Grade K-2

GymStart is an advanced fundamental recreational gymnastic program for girls aged 5-8 years old. The program runs under our Gymnastics For All programming.

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

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

FALL 2017

Monday 3:15-4:45pm

Thursday 3:15-4:45pm