



## Skill Builders

Grades 3-6

grade 3-5 (Female only)

In this program, athletes continue to develop more advanced gymnastics skills at their own pace. They will extend and refine agility, balance, coordination, flexibility and develop sound basic skills on large apparatus. The main goal is to ensure successful, ongoing and progressive participation in recreational gymnastics in a fun and positive learning environment.

### FALL 2017

|           |             |
|-----------|-------------|
| Monday    | 6:00-7:30pm |
| Tuesday   | 5:45-7:15pm |
| Wednesday | 3:30-5:00pm |
| Thursday  | 4:45-6:15pm |