

# SGA BOYS REC SCHEDULE

	MON.	TUES.	WED	THURS.	FRI.	SAT.
LEVEL 1	4:00-4:55	4:00-4:55	4:00-4:55 6:00-6:55		5:00-5:55	9:00-9:55  closed  10:00-10:55
LEVEL 2	6:00-6:55	4:00-4:55				

## BOYS GYMNASTICS LEVEL 1 (AGES K AND UP):

THE DEVELOPMENTAL PART OF THE PROGRAM FOCUSES ON DEVELOPING A CHILDS FINE AND GROSS MOTOR SKILLS AS WELL AS SELF CONFIDENCE. WE EMPHASIZE FUN AND EXCITEMENT WHILE CONCENTRATING ON DEVELOPING A STRONG CORE GROUP OF BASIC SKILLS ON ALL SIX OLYMPIC EVENTS (FLOOR, POMMEL HORSE, STILL RINGS, VAULT, PARALLEL BARS, AND HIGH BAR)

## BOYS LEVEL 2:

THIS CLASS IS DESIGNED FOR THE GYMNAST THAT MASTERS THE DEVELOPMENTAL PART OF THE PROGRAM (LEVEL 1 AND 1A).

THE EXPECTATION FOR THIS LEVEL IS HIGHER AND STUDENTS WILL BE EXPOSED TO MORE CHALLENGING SKILLS

PLEASE INQUIRE ABOUT OUR FREE TRIAL CLASS!

280 COMMERCE ST SUITE 150, SOUTHLAKE TX 76092

SOUTHLAKE GYMNASTICS ACADEMY

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