

Boys Basic

Boys Basics (Ages 6+) This class is perfect for those who are wanting to start their first ever gymnastics class! It is designed to introduce each athlete to all of the different equipment used in Men's Gymnastics and just what being a gymnast is all about. A heavy emphasis is placed on muscle building through playing games, bouncing on trampoline, and using all 6 different pieces of equipment used in Men's Gymnastics. The basic skills and elements are introduced while continually working on increasing balance, coordination and strength.

Floor

1. Jump Full Turn Stick
2. Forward Stand Up without Hands
3. Forward Straddle Rolls
4. Backward Roll - down incline to feet
5. Bridge
6. Lunge - Tik Tok - Lunge
7. Lunge - Handstand - Lunge
8. Cartwheel
9. Walk on hands - 2 or 3 steps

Pommels

1. Support - Tuck Through - Stick
2. Leg Kicks
3. Support Travel - w/o pommels

Mushroom

1. Jump to first base
2. Jump to second base

Rings

1. Support
2. Inverted Hang
3. Basic Swings

Vault

1. Stretch Jump
2. Tuck Jump
3. Straddle Jump
4. 1/2 Turn
5. Dive Roll

Parallel Bars

1. Basic Swings (at least 5 in a row)
2. Straddle Travel (using feet)
3. Dismount between bars - stick
4. Support Walk - 2 or 3 steps

High Bar

1. Jump to Front Support
2. Cast - Pushaway Dismount
3. Small Casts - 5 times
4. Chin Up Hold - 5 counts
5. Pike, Tuck, Straddle Hang - 5 counts
6. Forward Roll
7. Chin Up Kick Ups - chin above bar