



ACTIVITY CONFIRMATION

<< *Gymnastics* >>

Gymnastics Schedule

Monday - Thursday

AM Activity Session

Class: 11:00 - 12:30 pm

PM Activity Sessions

Rotation #1: 3:00 - 4:00 pm

Rotation #2: 4:10 - 5:10 pm

Friday

AM Activity Session

Class: 11:00 - 12:30 pm

PM Activity Sessions

Super Big Event: 3:10 - 5:00 pm

This class is designed to develop strength, coordination, flexibility, and body awareness through progressive gymnastics skills while providing an introduction to the basic gymnastic events. All students will work on flexibility, fitness, and other skills.