



BOYS GYMNASTICS

The **Boys Gymnastics** classes at High Altitude are broken down into two levels and are designed to allow each student to progress at his own unique pace. Once they are comfortable and successful at their current level, each gymnast is encouraged to advance to the next level. Each level is designed to challenge our athletes, which helps our classes to remain fun and exciting week after week. There is no better sport for your son to try! If you want to prepare him for a future as a well-rounded athlete, this is the place you need to be! Every child will enjoy their time in the gym, all while building a solid athletic foundation that will make your child outshine the rest on the field, court or in the gym!

Boys Gym 1 (age 5+) 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 such as parallel bars, pommel horse, rings, vault, horizontal bars and floor. The basic skills and elements are introduced while continually working on increasing balance, coordination and strength.

Boys Gym 2 (ages 7+) Each gymnast will master the basic skills that are introduced in the Beginning Boys class and continue to build strength. Each gymnast will gain a great deal of body control and spatial awareness through flipping, rolling, and tumbling. This class is designed to prepare each athlete to begin to work the more difficult skills done in Men's Gymnastics. Strength continues to be a heavy emphasis in this class while teaching the importance of flexibility to create the ideal well-rounded athlete.

