

Boys Mini Champs (Ages 3-5)

Our Boys Mini-Champs class is the perfect transition to help your toddler get ready for preschool. This fun, fast-paced class focuses on accumulating the ability to overcome all obstacles, both mental and physical. It also includes the development of great social skills, as well as learning the fundamentals of gymnastics so your toddler has the foundation to become an all around amazing person.

Designed to match a preschooler's boundless energy, children will be able to experience all the traditional gymnastics equipment along with obstacle courses and circuits to enhance motor development and eye-hand coordination.

In this class, various activities are also designed to burn off energy and keep your champion excited and interested as they learn and interact with others!

Please note that Boys Mini Champs is offered 2 times per week, however if this limited schedule does not work for you, your child may enroll in Coed Mini Champs.

2022 SKILL DEVELOPMENT TRAINING SESSIONS

BOYS MINI CHAMPS

Preschool Class for ages 3-5, designed to promote physical, social and cognitive development. Curriculum focuses on age-appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility.

POMMEL HORSE

Feet on Mushroom 3 push ups
Panel mat walk up/down 10
Walk around Mushroom
R/L 3 in a row
Front/Back support feet on
Mushroom 5sec
Slider walk 10 feet

RINGS

Mickey hold 5sec
Tucked "L" hold 5sec
3 swings
FX 5 Arch Rockers good form
C1/C2 5 in a row

P-BARS

Hold 10sec support
Spotted 3 support swings
Tucked "L" hold 5sec
3 support swings between
dismount stick no spot

STRENGTH

Spotted pull ups 3 in a row
HS on the wall 10sec
5 Push ups good form
Hollow hold 5sec
Arch hold 5sec
"L" hold 3 sec on FX
5 burpees non stop
10 Box jump stick
Air squats 5 in a row
Spotted leg lifts 3 in a row

Vault

Lunge
Lunge jump to 2 feet
Springboard jumps 10 in a row
Foot on and off panel mat
(run dynamics) 10sec
Spring 3 lengths of vault runway
Jump on box from board,
jump off stick

HIGH BAR

Hang 10sec hold
1 pull up spotted
5 spotted casts horizontal
J hold 3sec
Toes to bar 3sec

FLOOR

R/L lunge hold 5sec
Tripod hold 5sec
Tripod roll unassisted
Log roll R/L
Candlestick roll stand
Back drop on 8 inch

BOYS MINI CHAMPS

For boys 3-5 years old
45 minutes

Schedule

Monday: No classes
Tuesday: No classes
Wednesday: No classes
Thursday: No classes
Friday: 5:00
Saturday: 9:00
Sunday: No classes

Monthly Cost

Annual Family Membership Fee: \$72
1x per week: \$100
2x per week: \$160
3x per week: \$200

**IF YOU ARE NEW ATHLETE TO CGC
YOUR FIRST MONTH FREE TUITION
WITH \$35 REGISTRATION FEE**