

Boys Champs 2

Recreational gymnastics is a great way to keep your son active and help him progress physical and mental skills! It allows children to experience the fun of gymnastics while making friends and building life skills! We have recreational classes based upon skill level and convenience so that your son can start learning and progressing right away!

When you first come to the gym, a coach will assess your son's ability and he will be placed into the level most appropriate for him based on age and skill set.

It is our goal to make these young gymnasts not only into great athletes, but also into great children/teenagers/adults. We believe in the importance of gymnasts leading well rounded lives and being involved with outside interests as well.

This class is for boys who would like to increase their flexibility, agility and balance. It offers introduction to parallel bars, high bar, vault, floor, pommel horse, and rings. They will also gain more muscle strength and body control.

Boys are put in their appropriate age group, class is interactive and fast-paced. And we make sure that boys can be boys!

2022 SKILL DEVELOPMENT TRAINING SESSIONS

BOYS CHAMPS 2

As gymnasts develop and master skills at the pace that's right for them, they advance into the higher levels and have opportunity to become part of the CGC Competitive Teams.

POMMEL HORSE

(PB) upperarm circles 5 in a row
Walk 10 in <15sec
20 Penguins good form
F/B support feet on M 30sec
Jump 1/2 & 3/4 good form
Slide 1/2 circle on FX M

RINGS

2 Pull ups unassisted
"L" hold 3sec
8 Swings proper hand movement
Assisted swing to Inverted hang
Inverted pike to Skin the Cat, hold 3 sec
Skin the Cat drop to stick
C1/C2 15 in a row

P-BARS

Hold 60sec support
Support swing 10 in a row, no spot
ST "L" hold 5sec
"L" hold 5sec
3 Swings between Dismount >45 degrees, stick 3 in a row

STRENGTH

1 Pull up no spot 3 times
HS on the wall 60sec
20 Push ups good form
Hollow hold 60sec
Arch hold 60sec
"L" hold 10 sec on FX
20 burpees non stop
5 Box jumps sticks in a row
Air squats 15 in a row
No spot 3 in a row leg lifts

VAULT

Lunge arm circle punch up panel
Run hurdle over panel punch (FX)
Run hurdle punch, jump over box
Springboard jumps 30 in a row, good form
Short step 20sec
Spring 10 lengths of the vault runway

HIGH BAR

Beat taps 10 in a row
Chin to bar spotted pullover
3 horizontal cast no spot
Undershoot to box spotted
5 taps swings dismount, stick 3 in a row
J Hold 8 sec/TTB 8sec

FLOOR

Kick lunge R/L
Handstand 2sec hold
Handstand forward roll
Cheese backward roll
Headstand 3sec hold
Back 3/4 spotted
Power hurdle



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6+ years old
One hour class

Schedule

Monday: 4:00

Tuesday: No class

Wednesday: No class

Thursday: No class

Friday: No class

Saturday: 1:00

Sunday: No class

Monthly Cost

Annual Family Membership Fee: \$72

1x per week: \$125

2x per week: \$200

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