

Class Name: Beginner 1 Boys (Ages 6 & up)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December 2015. All our instructors are USAG certified and have completed safety certification. Our mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

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Course Description: (Ages 6 & up) The primary objective of the Beginner 1 Boys is to provide your child with a strong foundation that they will be able to build upon in future levels. This class has specific goals, and these are designed for each child's skill level both physically and mentally. This class helps develop coordination, balance, flexibility, strength, self-confidence, and discipline which help provide a strong foundation for all sports.

Course Outline:

Week 1: Includes High Bar & Pommel Horse (Begins September 5th)

Week 2: Includes Parallel Bars & Vault

Week 3: Includes Floor & Rings

Week 4: Includes High Bar & Pommel Horse

Week 5: Includes Parallel Bars & Vault

Week 6: Includes Floor & Rings

Week 7: Includes High Bar & Pommel Horse

Week 8: Includes Parallel Bars & Vault

Week 9: Includes Floor & Rings

Week 10: Includes High Bar & Pommel Horse

Week 11: Includes Parallel Bars & Vault

Week 12: Includes Floor & Rings – Gym Closed Thursday – Saturday - Thanksgiving week

Week 13: Includes High Bar & Pommel Horse

Week 14: Includes Parallel Bars & Vault

Week 15: Includes Floor & Rings

Week 16: Includes High Bar & Pommel Horse

Week 17: Christmas – Gym Closed

Week 18: New Year's – Gym Closed

Week 19: Includes Parallel Bars & Vault

Week 20: Includes Floor & Rings

Week 21: Includes High Bar & Pommel Horse

Virtual Links (if any): www.pimgymnastics.com