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Gymnastics - Program Benefits

Tiny Twisters

By the end of the program, participants will:

- Understand the basics of a forward roll.
- Gain an introduction to a structured class setting.
- Gain an introduction to and basic safety knowledge of pre-school gymnastics equipment.

Gymstars

By the end of the program, participants will:

- Understand the basics of a handstand.
- Understand the basics of a cartwheel.
- Gain an introduction to and basic safety knowledge of using gymnastics equipment.
- Understand the fundamentals of gymnastics progressions.