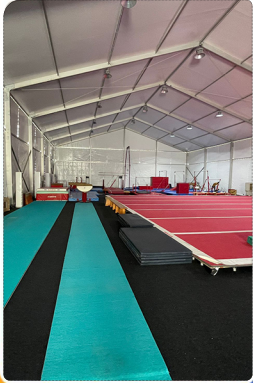


**REGISTER  
NOW!**

# 12 WEEK Recreation PROGRAM

Tel : 33296699  
17<sup>th</sup>-September



## Recreational Classes aimed at children

Each class in our recreational gymnastics program is designed to maximize fun while learning. We encourage all students to reach their full potential at their own pace. Classes focus on developing strength, flexibility, coordination, and confidence while learning new and exciting skills. Classes in our recreational program are aimed at children of all ages

### Girls Recreational Class

The student will focus on the fundamentals of gymnastics and developing a solid understanding of basic skills and movements. Skills to be developed include: cartwheels and handstands on the floor, bridge, bridge kickover pullovers and casts on bars, beginner beam skills involving balance and movement and strength and flexibility

### Boys Recreational Class

Boys Recreational Gymnastics classes cater to students of different abilities with an emphasis on increasing skill level in a positive and fun atmosphere. These classes begin with developing the basic understanding of men's gymnastics and the strength and flexibility required to perform the necessary skills

Our team of expert coaches are fully qualified and have over 10 years of experience teaching recreational gymnastics in the Kingdom of Bahrain

Our program will run for twelve weeks

Places of limited to 12 children per class with 2 coaches