



PRIDE
GYMNASTICS ACADEMY

Boys Rec
Beginner/Intermediate
Showcase

Showcase Review

- WEEK #1- ODD WEEK (3/30- 4/5)
- WEEK #2- EVEN WEEK (4/6- 4/12)
- WEEK #3- ODD WEEK (4/13-4/19)
- WEEK #4- EVEN WEEK (4/20-4/26)
- WEEK #5- ODD WEEK (4/27-5/3)
- WEEK #6- EVEN WEEK (5/4- 5/10)
- WEEK #7- ODD WEEK (5/11-5/17)
- WEEK #8- EVEN WEEK (5/18- 5/21)

Rotation Schedule

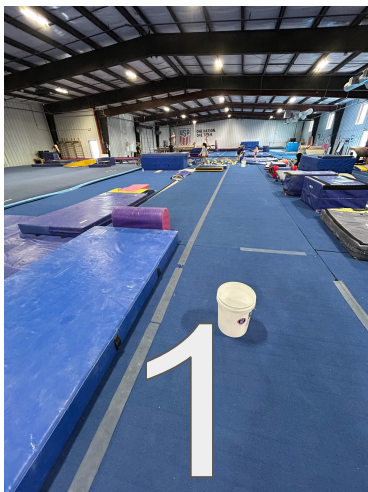
CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. ROTATION # 1 - 15 minutes
3. ROTATION # 2 - 15 minutes
4. ROTATION # 3 - 15 minutes

Vault

1. Bucket run
2. Punch over panel mat
3. Punch over mailbox
4. Run, punch, tuck
5. Straight jump/tuck jump/dive roll off springboard on whalemat

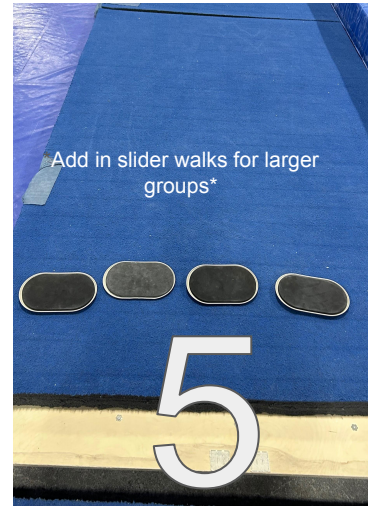




Mush/Pommel Horse

1. Circle walk/Hop/Jump
2. Bucket circle/ Circles if can
3. Pom tuck legs In, then L sit and pull legs out, then straddle
(L sit, tuck, and straddle for intermediate only)
4. Straddle hold, Walk if can
5. Slider walks only for practice not showcase





High Bar

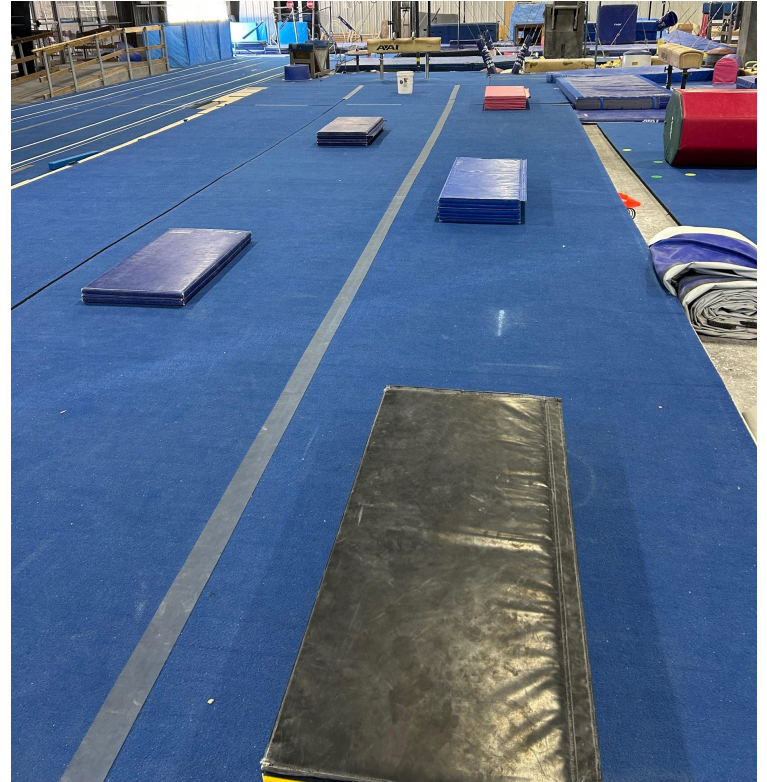
1. Cast to glide swing
2. Half turn 3x, swing 4x, stick
3. Glide swing 4x
4. Pull over, cast
5. Shaping holds (candle super, hollow)

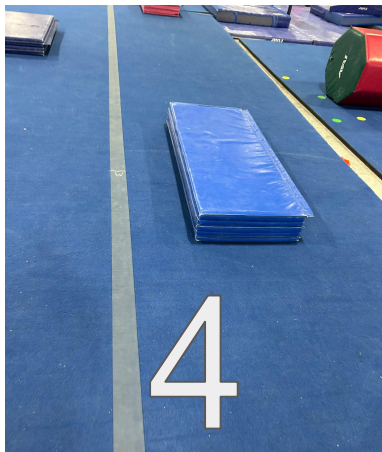




Floor

1. Arabesque to lever/ handstand for int.
2. Pike Headstand, rise to headstand
3. Hollow hold 30sec
4. Cartwheel
5. Fwd roll, present
(int. Fwd roll, back extension)

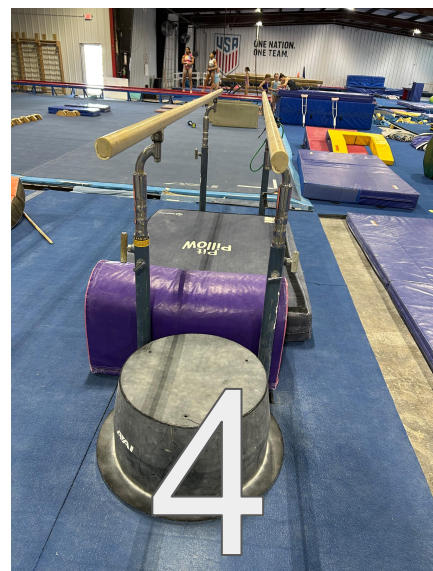




Parallel Bars

1. Straddle travel to middle, swing 4x, dismount
2. Straddle travel to middle, support walks back to start
3. Tuck hold, L hold
(add straddle for int.)
4. * In case of bigger classes add in mini p-bars for various support holds or pushups





Rings

1. Tuck hold, Swing 2x, basket, swing 3x stick
Int. Tuck hold, Swing 2x, basket, inverted hang, basket, kickout swing 4x stick
2. Tuck hold, Inverted hang
(int. Tuck hold , Inverted hang, L sit.
3. Shaping drills
](Hollow, Candle, Superman)



