



# CHILDREN GYMNASTICS

In this course, fun activities and games are used to introduce and develop basic skills in gymnastics. Children will learn how to do gymnastic tricks and skills such as handstands, cartwheels, backbends, front/back walkovers, front handsprings, gymnastic leaps and jumps.

Through the lessons, Children are able to develop flexibility, balance coordination and muscle strength.

想小朋友舒展筋骨？體操絕對是個不錯的選擇！課程將教授小朋友一些基本體操動作，如手倒立、前滾翻、拱橋、側手翻及體操舞蹈動作等等，從有趣課堂中增強小朋友平衡力、身體協調及關節的柔軟性，使小朋友身體更靈活。

**Day/Time :** *Every Tuesday 4 :00pm-5:00pm*

*Every Wednesday 4:00pm – 5:00pm*

**Fee:** *\$160 per class*

**Ages:** *3-5 years old*

**Venue :** *Indoor Children Playroom*

**Instructor :** *Ms. Tracy Leung*

