

NEW GFL Class Structure

Notice something different?

We have improved our GFL class structure to ensure better teaching, higher levels of learning, more gymnastics time, and more fun!



What you can expect to see!

- Four rotations each class - Vault/Tramp, Bars, Beam, Tumbling
- Event specific warm-ups in place of general warm-up.
- Groups based on skill ability
- Gymnasts' lining up in height order when transitioning to and from events
- Event Coaching - Gymnasts' may work with multiple coaches in the same hour. The more students, the more coaches!

