



Gymnastics # Homenastics Online Class Schedule.

**3:00 pm to 4:00 pm – Beginner
(Mon, Wed & Fri) – 2500/-**

**4: 00 pm to 5:00 pm – Intermediate
(Mon to Fri) -3000/-**

**5:00 pm to 6:00 pm – Advance
(Mon to Fri) -3500/-**

**Recall the gymnastics online at home Classes are done
LIVE on Zoom. Join Zoom Meeting**

<https://us04web.zoom.us/j/4853379343?pwd=eXpnWXBmVU80K3ErMUNWbzJEa21Odz09>

Meeting ID: 485 337 9343 Passcode: 6FM1BM

Skill tracked and reviewed by our certified coaches.

Within the week, your child's coach will respond with a rating and feedback to the child's skill submission. This way your child can review, practice, and be prepared for the next lesson!

YouTube Reference links:

Homenastics- <https://www.youtube.com/watch?v=OdDvfSYEQ4M>

Gymnastics is perfect for encouraging a **healthy and fun activity** that has lasting benefits. The benefits of gymnastics have been proven through multiple scientific studies. It has been deemed one of the best forms of exercise for your overall wellness and health. The benefits are not only physical, but they are also about making a person more confident

Let's look at the key benefits of being able to participate in gymnastics classes online:

- You can **easily access courses** from the internet using a phone or a computer.
- Courses are **affordable**.
- **Convenient scheduling** allows you to access the courses 24/7 or decide on your appointment time with a personal trainer.
- With the world being shut down by COVID-19 you can **remain at home** and begin or advance your gymnastics adventure.
- Kids of all ages will **benefit from gymnastics** even toddlers.

Classes are composed of flexibility, strength-training and basic gymnastics skills. Athletes can participate by practicing along in their backyard, utilizing a small mat, or on the grass.

Beginner

Beginner classes are for anyone who is just starting out in gymnastics (0-6 months experience in the sport). Beginners will learn key fundamental gymnastics skills and stretches such as: forward rolls, L-kicks, and splits, as well as build strength through gymnastics conditioning exercises.

Intermediate

Intermediate classes are for gymnasts that have been doing recreational or competitive gymnastics for 6 months to 2 years. Intermediate gymnasts will be introduced to higher level tumbling skills, and continue to build their strength and flexibility with more complex movements. All skills and exercises are easily performable at home in the backyard, on the grass, or on a panel mat.

Account details: a/c-106102000010210, IFSC – IOBA0001061, BANK- INDIAN OVERSEAS BANK & BRANCH –APPREDDYPALYA ISRO

Our team

Professional coaches provide training for all levels of gymnastics.

MR. Shivaraj GN – FIG LEVEL 1/NIS /AGU

Ms. Janavi A Muttagi – NIS

Mr. Sarvjeet Singh – Represented Nationals/state

**For registration contact: 63642-68266/ 94482-96963/9741665611
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