

Classical Arts: Gymnastics

Gymnastics involves the performance of exercises requiring strength, flexibility, balance and control. Along with basic skill progressions, gymnastics focuses on key components such as spotting, flexibility and strength training, safety rules and awareness, focus, self-discipline and sportsmanship in the following:

- Women's events: vault, uneven bars, balance, beam & floor exercise
- Men's events: floor exercise, pommel horse, still rings, vault, parallel bars & high bar

Developmental Gymnastics Classes

Semester Class: co-ed basic classes for 6th, 7th or 8th grade students who may or may not have had gymnastics experience; course focus is on core and basic skill progression on all gymnastic events

Yearlong Class: offered to 7th & 8th grade students who have completed the Developmental Gymnastics Semester Class; course focus is on continued core skill progressions as well as intermediate and more advanced skills on all events; students will also learn & practice modified USAC Level 3/4/5 routines on each event

Girls & Boys Varsity Gymnastics Team

Brandenburg is the only GISD middle school that has fully competitive girls & boys gymnastics teams. The teams compete in the USAG Level 4, 5 & 6 compulsory divisions with other middle schools in the Metroplex area. Tryouts for the teams are held in May and are open to students who will be in 7th or 8th grade for the following school year.