



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU'LL FLIP OUT FOR GYMNASTICS



**BALANCE, COORDINATION AND CHARACTER**  
**Gymnastics**  
**ROCKY MOUNT**



Our gymnastics program incorporates tumbling, gymnastics and acrobatic maneuvers. Students will learn basic skills and equipment including the balance beam, springboard, and horizontal bar.

## **FALL SESSION**

\$105 for Members, \$160 for non-members. Register at the Front Desk.

## **SCHEDULE**

Mondays, August 13th –November 12th

- Ages 3-4yrs: 4:30-5:15 in Gym
- Ages 5-6yrs: 5:30-6:15 in Gym
- Ages 7-10yrs: 6:30-7:30 in Gym

