



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU'LL FLIP OUT FOR GYMNASTICS!



## BALANCE, COORDINATION AND CHARACTER Gymnastics ROCKY MOUNT

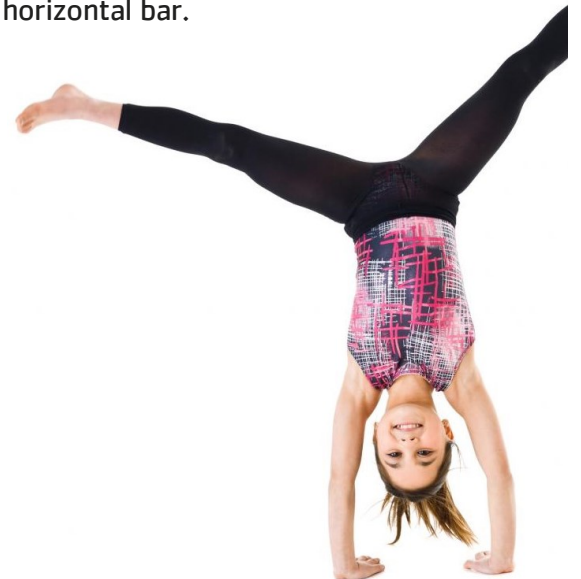
Our gymnastics program incorporates tumbling, gymnastics and cheer acrobatic maneuvers. Students learn basic skills and equipment including the balance beam and horizontal bar.

### Winter Session

\$110 for Members, \$165 for non-members.

Mondays, Dec 10 – March 11.

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



Rocky Mount  
295 Technology Dr.  
Rocky Mount, VA 24151  
(540) 489-9622

Smith Mountain Lake  
293 FirstWatch Drive  
Moneta, VA 24121  
(540) 721-9622

Ferrum  
333 Wiley Dr.  
Ferrum, VA 24088  
(540) 365-9622