



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.

SUMMER SESSION

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

SCHEDULE

Mondays, April 30-July 30th

- 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

