



INTERNATIONAL GYMNASTICS TRAINING CENTER

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WHY GYMNASTICS?

Gymnastics is perhaps one of the most comprehensive "lifestyle exercise programs" available to children. Incorporating strength, flexibility, speed, balance, coordination, power and discipline. It also provides children with an opportunity to meet with friends, make new friends and have fun while motivating and building self-confidence!

Gymnastics and early childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness. While the preschool gymnastics teacher runs about and plays with the little kids in her class, she is preparing her students for successful experiences in school; children who have participated in movement education activities have longer attention spans, increased communication skills, general problem solving skills and improved self-esteem.

COACHES PROFILE:

Our coaches are friendly, experienced and safety trained and certified, providing superior gymnastics instruction. Our goal is to provide our local community with a safe place for kids to focus on fitness and fun.

RECREATIONAL GYMNASTICS CLASS SCHEDULE/PRICES

Class Times

| M | T | W | TH | F | S |
|-----------|-----------|-----------|-----------|-----------|---------------|
| 4:00-5:00 | 4:00-5:00 | 4:00-5:00 | 4:00-5:00 | 4:00-5:00 | 9:30 - 10:30 |
| 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | 10:30 - 11:30 |
| 6:00-7:00 | 6:00-7:00 | 6:00-7:00 | 6:00-7:00 | 6:00-7:00 | 11:30 - 12:30 |

OPEN GYM

Saturdays 1:00-3:00

FIRST CLASS IS FREE!!



Tuition Prices

Annual Registration: \$80

Per 4-week session (monthly)

1x/weekly = \$100/monthly

2x/weekly = \$160/monthly

3x/weekly = \$200/monthly

4x/weekly = \$250/monthly

5x/weekly = \$280/monthly

Additional class/1 hour= \$25



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