

Children love to move and gymnastics gives them the tools they need to move better, faster, and stronger. My program is non-competitive, but that doesn't mean it's non-productive. The small group setting means we get a lot done with every class.

#### Why Do Gymnastics?

- To Build A Strong Positive Identity
- To Develop Self Confidence
- To Learn Cooperation and Sportsmanship
- To Develop An Outgoing Personality
- To Understand Yourself Through Challenge

#### Our Goals:

- To have F U N
- To become physically fit
- To improve old skills and learn exciting new skills
- To succeed
- To be with friends and make new friends
- To feel the thrill of movement