

After-School Gymnastics at GWCS

Wednesdays for K and 1st Grades
Thursdays for 2nd and 3rd Grades

This program teaches basic gymnastics and tumbling skills to your kids!

The class includes floor mats, wedge mats, balance beams, mini trampoline, tumbling barrel, bars, games, cardio, basic strength exercises, and stretching. Not only do children learn the basics of gymnastics, but multifaceted skills that extend beyond extracurricular activities:

- Enhance Basic Motor Skills
- Develop Team Building and Problem-Solving Skills
- Increase Social Interaction
- Develop Confidence in themselves and their Physical Abilities
- Increase Listening Skills and Learn to Follow Directions
- Strengthen Balance, Coordination, and Body Awareness
- Have FUN while being Active!

Spring Session 4 Dates: 9 Week Session: March 22 - June 1

Wednesdays - 3/22 - 5/31 (No class 4/5 or 5/17)

Thursdays - 3/23 - 6/1 (No class 4/6 or 5/18)

Time: 3:30 - 4:30pm

Register: Go to www.nationalkidsgym.com/gwcs/

Tuition:

\$243 for the 9-week session plus one-time annual registration/insurance fee \$35 (includes a NKG logo t-shirt) required for new students = **\$278 total**

Details:

- Class will be capped at 12 participants!
- Uniform Policy: Dress your child in something comfortable for movement and exercise: a leotard, form fitting shorts/pants and top.
- Pack a change of clothes and a small snack. Kids will meet us in the cafeteria before class.
- There will be no refunds or credits.
- Parents may come to watch class in the last 10 minutes.
- Classes will be held in the gymnasium, cafeteria, or science room.

Contact Info:

Owner: Katie Aberg

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Email: Info@nationalkidsgym.com

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