The Newton Parks and Recreation Department are proud to be offering;

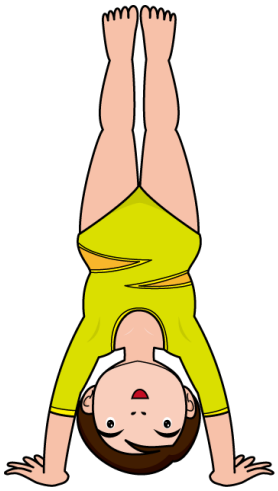
GYMNASTICS CLASSES

Three classes will be held on September 2,9,16,23 & 30, 2015
Ages: 4 to 6 years old: 5:00 p.m.—5:30 p.m.
Ages 7 to 10 years old: - 5:30 p.m.— 6:15 p.m.
Ages 11 & Over: 6:15 p.m.— 7:00 p.m.

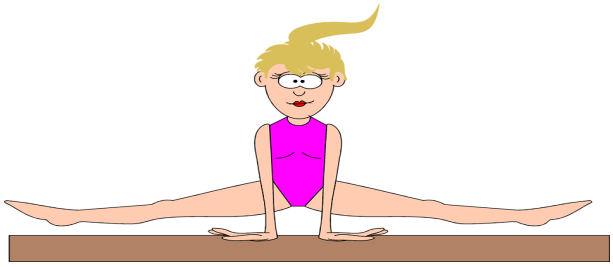
Instructor has over 30 years teaching experience. Specializing in Recreational, Pre-School and Tumbling for Cheerleaders Classes.

Class size is limited for individualized attention.

Cost: $40.00 per month (discounts for multiple children from same family).



Gymnastics is considered one of the best physical activities for children. It's benefits include increased confidence, coordination, strength, balance and flexibility. In addition, gymnastics is a good vehicle to increase a child's self esteem as they progressively master new and more challenging skills. Class curriculum includes core gymnastics skills as well as strength and flexibility training.



To Register or if you need more information or have questions call Jeff Brock @ (828) 244-7446 or the Newton Recreation Department at (828) 695-4317.