

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

GYMNASTICS CLASSES



Classes will be held on Wednesdays

Ages: 4 and Older

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 contact, Jeff Brock at (828) 244-7446

