

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

GYMNASTICS CLASSES



Classes will be held on Wednesdays

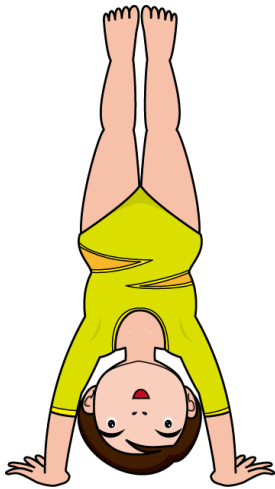
Ages: 4 and Older

4:00 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.**