



## After School Gymnastics Program on Friday Afternoons

Offered to 1<sup>st</sup> – 3<sup>rd</sup> Grade Students

This program teaches basic gymnastic and tumbling skills, while incorporating the latest technology. The class includes balance beam, mini trampoline, tumbling barrel, bars, games, group activities, strength, aerobics and stretching. Not only do children learn the basics of gymnastics, but multifaceted skills that carry over into other aspects:

- Enhance Basic Motor Skills
- Develop Team Building and Problem-Solving Skills
- Increase Social Interaction
- Develop Confidence in themselves and their Physical Abilities
- Increase Coordination, Balance, and Body Awareness
- Have Fun while being Active!

### Fall 2019 Session 1 Dates:

**7-week Session:** October 4 - November 22 (No class 10/25)

### Time:

All classes are held from 3:30 – 4:30pm

### Registration:

Go to [www.NationalKidsGym.com](http://www.NationalKidsGym.com) and click on the REGISTER tab. Find your school – Villa Maria Lower School.

**ALL REGISTRATIONS MUST BE HANDLED ONLINE!**

### Tuition:

\$147 plus annual \$35 registration/insurance fee (annual payment only) = \$182 total

### Contact Info:

Katie Junta (Instructor) – Cell: 570-332-1739

Email: [NationalKidsGym@gmail.com](mailto:NationalKidsGym@gmail.com)

Facebook: [www.facebook.com/NationalKidsGymPhilly](http://www.facebook.com/NationalKidsGymPhilly)

Instagram: [@NationalKidsGym](https://www.instagram.com/NationalKidsGym)

### Details:

- Classes will be capped at 12 participants – REGISTER TODAY!
- Wear something comfortable for exercise and movement. All girls must be able to change into their gymnastics clothes by themselves.
- No refunds or credits will be given after the 3rd week of classes.
- Winter Policy: 1 “snow day” per session will not be refunded. Any additional “snow days” will be offered as make-up classes.
- All Classes will be held at Villa Maria Academy Lower School in the Dance Studio.
- Please pick up your daughters at the Transportation Center after class. You will need to sign them out at time of pick up.

