



Gymnastics

AGES	DAY	TIME
Ages 4 and up	Tuesday & Thursday	4:30pm - 5:30pm
Classes are \$25/month. For more information please call 256-341-4950.		

Our gymnastics program is designed to encourage young girls to have fun with exercise and help build self-esteem and confidence. Participants will improve motor skills, strength, flexibility, agility and balance, and at the same time, develop mental and social skills. This program is not designed for competition but students will be taught basic skills, and as students progress, more advanced techniques. Nijel Boston is the instructor.