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Q Why should I enroll my child in gymnastics?

a Gymnastics is a fantastic sport for both boys and girls. It provides a foundation of balance, flexibility, core strength and coordination that is unparalleled in other sports. You should enroll in our program because we have a wonderful facility and a knowledgeable staff that can meet the needs of your growing child. We can accommodate the littlest toddlers in our Parent & Tot classes with preschool sized equipment and lessons in waiting for instructions and taking turns. Recreational gymnasts develop strength in a safe environment and our competitive teams have a place where they can reach for their highest goals. At each age and level we strive to be a place where you and your family can count on for fun and fitness.