

# HOMESCHOOL GYMNASTICS



## P.E. GYMNASTICS

Our homeschool P.E. gymnastic classes are open to boys and girls ages 5 & up. Students will be exposed to a variety of gymnastics, tumbling, and trampoline skills as well as conditioning and strength training. Kids will increase their basic motor skills, coordination, and body awareness in a fun, safe, and engaging environment.

Classes are co-ed with mixed age groups and based on experience. Students must wear comfortable workout clothes and girls must have hair pulled back and away from face. Students should also bring their own water bottle.



### WEDNESDAY

*Classes held every Wednesday unless otherwise noted*

Beginners Level 1	10:00 AM
Intermediate Level 2	11:00 AM

**OCEAN GROVE APPROVED - \$300**

**12-WEEK SESSIONS**

**FALL** September 4 – November 20

**SPRING** January 8 – April 8 (No class 1/22 & 2/19)

**REGISTER FOR CLASS THROUGH OUR WEBSITE**

**Contact your ES to request PO for each session**

**MUST HAVE PO BEFORE THE START OF CLASS**