



Gymnastics

GYMNASTICS FOR PRE-SCHOOLERS

Children will be introduced to the basics of gymnastics and learn skills that increase flexibility, balance and coordination. Skills include rolls, cartwheels, back and forward bends, and head and handstands. Students will develop skills on the beam, as well as strength skills on the mini bar.

LOCATION: The Iron Butterfly Health Club

INSTRUCTOR: Marty Buddendeck

AGES: **2 and 3 year olds with an adult present**

FEE: \$55

DATES: Wednesday: 9/17 – 10/22
10/29 – 12/10 (no class 11/16)

Saturday: 9/20 – 10/25
11/1 – 12/20 (no class 11/8 and 11/29)

DAYS/TIME: Wednesdays (10:45-11:15 am) or Saturdays (10:45 -11:15 am)

* Fee includes 1 class/week for 6 weeks

AGES: **4 and 5 year olds (parents not required)**

FEE: \$66

DATES: Wednesday: 9/17 – 10/22
10/29 – 12/10 (no class 11/16)

Saturday: 9/20 – 10/25
11/1 – 12/20 (no class 11/8 and 11/29)

DAYS/TIME: Wednesday (10:00 – 10:40 am) or Saturdays (11:20 – 12:00 noon)

• Fee includes 1 class/week for 6 weeks

Questions? Call (585) 234-BFLY