



# GYMNASTICS

## **Gymnastics is back by popular demand!**

This high-energy class is designed to excite, motivate and stimulate kids who have a desire to learn gymnastic skills. Classes help build strength, endurance, flexibility, balance, and coordination. Correct body position, forms, and techniques will be taught. Instruction will be given to students in gymnastics including vaulting, uneven bars, balance beam, floor exercises, rings, and rope.

The program will stress safety and fun.

**DAY:** Monday & Wednesday

**DATE:** September 28 to December 21

**(NO CLASSES ON 10/5, 10/10, 10/31 & 11/7, 11/9, 11/23)**

**TIME:** 5:40 - 6:40 p.m. (5 - 8 years old)

6:50 - 7:50 p.m. (5 - 8 years old)

8:00 - 9:00 p.m. (9 - 15 years old)

**FEE:** \$90

**LOCATION:** COVE ROAD SCHOOL

**Register at [Hazlet.Recdesk.com](http://Hazlet.Recdesk.com)  
Hazlet Recreation Dept. | 732-217-8683**

