

206 Quarry Avenue DuBois, PA 15801 814-371-7159

www.quarrygymnasticscenter.com

SUMMER GYMNASTICS 2024 Classes begin JUNE 4th

THE QUARRY WILL ONLY BE OPEN ON TUESDAYS

June 4th – July 30^h

<u>The Quarry Gym will be closed June 11th</u>

SUMMER SCHEDULE AND PROGRAMS 2024

This past season The Quarry Gymnastics Center students have reached their goals like no other group before. In order to promote their continued successes and training, The Quarry has been working on a new, improved and very *flexible* summer gymnastics schedule. **NO need to sign up for class, you have the schedule just attend the appropriate class.** All NEW students need to return waivers. Each class \$20. Pay as you go, attend as many as you like.

Gymnastics

Ages 4 to 7

(Morning) Tuesday: 9AM-10AM

- CHILD MUST BE TOTALLY INDEPENDENT (potty trained and going to the bathroom by themselves)
- Gymnastics instruction and body awareness development for pre-school age children.
- Introduction to all gymnastics apparatus that is pre-school appropriate.
 \$20 per 60 min class

Ages 8 and Up

(Morning) Tuesday: 10:10AM-11:10AM

Gymnastics instruction and body awareness development. Involves of basic motor-muscular development
in strength, flexibility and coordination. Instruction consists of floor, balance beam, uneven bars, vault,
trampoline, resi- pits, foam pits, and many other activities.
 \$20 per 60 min class

GymNinja Ages 5 and Up

Tuesday Morning 11:15AM-12:15PM

This is an exciting new class teaching boys and girls new skills. We will be using gender appropriate training, mixing basic martial arts, gymnastics and Parkour. Skills will include eye-hand coordination, target and drill kicking/punching, obstacle course training, jumping, climbing and running.
 \$20 per 60 min class