

****Open Gym****

Let your child explore, climb, and play in our clean, safe, kid friendly environment. Children ages 5 yrs through 16 yrs old are welcome to be dropped off and join in the fun. The play time will be staffed and supervised. Your child must be signed in and out by an adult.

Friday 6pm-8pm & Saturday 9am-11am

\$10 per child Schedule subject to change

At Foothills Gymnastics we Believe:

Safety in everything is a must!

All children should have the opportunity to appreciate their own innate worth!

When children are having fun, they are learning!

We work hard to develop the whole child. We believe in your child, and we would love the opportunity to show your child how to believe in themselves!

Gymnast Strong Class

Co-ed ages 6 to 13

Gymnast Strong: Having and training the strength and agility of a gymnast.

We are offering a class that will focus on flexibility, strength, agility, and body coordination for athletes of any sport. It will be a conditioning class offered with coaches who understand body strengthening in order to help your athlete achieve better performance in their sport.

Class Schedule & Fees

	Pre Rec				G1				G2				G3			
	M	T	W	Th	M	T	W	Th	M	T	W	Th	M	T	W	Th
4:00								*		*				*		
4:30			*		*	*	*	*	*	*	*	*				*
					B			B								
5:30	*			*		*	*	*	*	*				*		
	B											BI				
6:30					*	*		*	*	*	*	*	*	*	*	*
					B											
7:00								G								
7:30					G											

G = Gymnast Strong class Co-ed M @ 7:30pm W @ 7pm

B = Boys Beginner class 6 yrs and up

BI = Boy Intermediate class—skill based

“All Classes subject to change”

\$35 Registration Fee per child

\$65 per month Tuition

Sibling discount \$5 off monthly tuition

1- one hour class a week

920 29th Ave NE

Hickory, NC 28601

office@foothillsgym.com

Fax: 828-328-6278

Check us out at:

www.foothillsgymnastics.com

RECREATIONAL

Ages 5yrs & Up

Recreational Gymnastics

BUILDING BOLDER,

BRIGHTER, MORE

CONFIDENT KIDS!



**Foothills
Gymnastics**

828-328-3794

Recreational Gymnastics

We are proud to present to you the exciting world of Foothills Gymnastics!

The core objective of our Recreational Program is to create an environment where each child can feel successful and learn positive self worth regardless of skill level.

Gymnastics acts simultaneously as a wonderful tool to aid in increasing self esteem and as an exciting and enjoyable form of exercise. In addition, gymnastics will help your child develop skills and all aspects of athletic ability including speed, agility, strength, balance, power and flexibility. Therefore, gymnastics is a great introduction and compliment to all other sports. The love for physical exercise will allow your child to grow and continue a healthy life-style for the rest of their lives.

The Recreational Gymnastics Program at Foothills begins at the age of 5 for girls. These classes meet once a week for an hour and are designed to be challenging yet fun. Classes include training in flexibility and strength as well as progression of skills. This program outlines definite objectives for each level on all of the different apparatus. Girls' events include floor exercise, vault, uneven bars, balance beam and tumble track/trampoline.



The Boys Recreational Program begins with the pre-rec class for 5 year old boys, and then continues with Beginner and Intermediate classes for ages 6 and older. This program outlines definite objectives for each level on all of the different apparatus. The boys' events are comprised of floor exercise, vault, pommel horse, parallel bars, high bar, still rings and tumble track/ trampoline.

Your child's progress will be tracked through skill charts which are maintained by the instructor at each level on each event. Our gymnastics skills are taken directly from the USA Gymnastics Junior Olympic Program and are designed to build the basic foundations necessary to learn upper level advanced skills.



Your child's instructor will notify you once your son or daughter is ready to advance to the next level by rewarding your gymnast with a Certificate of Achievement.

Through our system of levels, we assure our customers that we can provide a program that will meet every child's need regardless of whether they view gymnastics as a recreational activity or as a potentially competitive.

Boys & Girls Competitive Gymnastics Teams

Foothills Gymnastics is home to both boys and girls competitive USAG and AAU gymnastics teams, and also a Trampoline & Tumble team. Our teams currently compete in North Carolina and throughout the Southeast Region on the Junior Olympic circuit. Our boys and girls competitors boast numerous local, state & regional champions as well as a national gold medalist!



Team members must be a minimum six years of age and are invited from the recreation program onto our teams through instructor recommendation.

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