

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!



Free Trial Class

Call Today for Your Free Trial Class!

828-328-3794

****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.

Fridays 6pm—8pm \$10 per child

Schedule subject to change

Class Schedule & Fees

	Pre Rec					G1					G2					G3			
	M	T	W	Th	S	M	T	W	Th	S	M	T	W	Th	S	M	T	W	Th
10 am															*				
11 am										*									
3:30	*	*		*			B	B			*	*	*	*	*				
4:30	*	P	*	P		*	*	*	*		*	*	*	*		4	*	*	*
5:30	*	*		*		*	*	*			*	*	*	I			*		
6:30		*		*			B		B		*	*	*	*				*	

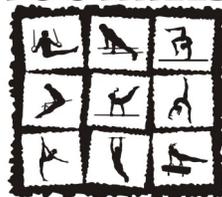
"All Classes subject to change"

\$35. Registration Fee per child

\$60. per month Tuition

1 - one hour class a week

FOOTHILLS



GYMNASTICS
TRAINING CENTER

920 29th Ave NE

Hickory, NC 28601

office@foothillsgym.com

Fax: 828-328-6278

Check us out at:

www.foothillsgym.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 lifestyle for the rest of their lives.



The Foothills Recreational Gymnastics Program begins at the age of 5 for both boys and 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. Conversely, 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.



The Boys Recreational Program begins with the pre-rec class for 5 year olds and then continues with Beginner, Intermediate and Advanced classes for ages 6 and older.

The Girls Recreational

Program also begins with a pre-rec class for those students who have reached the age of 5 and then advances through Beginner 1, Beginner 2, Intermediate 1, Intermediate 2 and Advanced classes for kids ages 6 and up. 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 sport.

Boys & Girls Competitive Gymnastics Teams

Foothills Gymnastics is home to both boys and girls competitive USAG and AAU gymnastics teams, and also a Tramp & 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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