FOR IMMEDIATE RELEASE:
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Youth Gymnastics Class

Sierra Madre, CA. – June 5, 2013

The Sierra Madre Community Services Department is offering a new gymnastic class for youths! Charter Oak Gymnastics has been in business for over 30 years and teaches all levels of gymnastic classes. Classes in Sierra Madre are geared for beginners from ages 2 all the way up to 12 years of age. Pre-registration is required with classes beginning on Wednesday, June 19, 2013. Registration is available online at www.cityofsierramadre.com/onlineregistration or at the Community Services Office located at 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024.

Parent and Me
In this class the student, with the aid of the parent will learn to develop their balance, coordination and motor skills. Low beam, small spring board, blocks, cones and landing mats are used as part of this class. Open to ages 2-3 years. Session is $39 per child.
Session: June 19 – July 24 (5 class dates, does not meet on July 3)
Time: 9:45-10:25am

Kiddie
This class challenges students to perform skills that require strength, balance and speed. The class utilizes a variety of gymnastic apparatuses to perform fun and coordinated movements. Open to ages 4-5 years. Session is $39 per child.
Session: June 19 – July 24 (5 class dates, does not meet on July 3)
Time: 10:30-11:10am

Beginners (6-8 years)
Various beginner levels skills are taught in this class. Bars, vault, tumbling and mini-trampoline apparatuses are used to aid in the training. Students learn roll, handstands, cartwheels, and swings on the equipment. Instructor focus on improving strength and flexibility. Session is $39 per child.
Session: June 19 – July 24 (5 class dates, does not meet on July 3)
Time: 5:00-5:40pm

Beginners (9-12 years)
Various beginner levels skills are taught in this class. Bars, vault, tumbling and mini-trampoline apparatuses are used to aid in the training. Students learn roll, handstands, cartwheels, and swings on the equipment. Instructor focus on improving strength and flexibility. Session is $39 per child.
Session: June 19 – July 24 (5 class dates, does not meet on July 3)
Time: 5:45-6:25pm

For information on any of these classes, please contact the Community Services Department at 626.355.5278.

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