

Kingston Gymnastics Club Drop In Classes – Monday AM

The Kingston Gymnastics Club is now offering Drop In Babynastics, Tall & Small, and Kindergym! All classes are led by Qualified Coaches.

Babynastics (8-15 months with a parent): Monday's 9:15-10:00. \$5

This structured class will include activities such as rolling, crawling, walking, balancing, bouncing, sign-along songs, and basic sign language. This relaxed class is a great way to introduce your baby to physical activity and gymnastics; it's also a great bonding activity!

Tall & Small (16 months-3 years with a parent): Monday's 10:00-11:00. \$11

This class is an expansion to our Babynastics class and will prepare children to participate in our Kindegym class on their own at age 3. Along with a group warm up and cool down, every class includes time on Vault, Bars, Beam, Floor, and Trampoline. Each week features a different theme and new equipment to help add variety and excitement.

Kindergym (independent class for 3-5 years): Monday's 11:00-12:00. \$18

Children will participate in the structured class on their own with the leadership of a Qualified Coach. Our "Just For Kids" equipment helps boost confidence while allowing children to explore and learn with greater independence. The class will encourage the development of co-ordination, balance, fitness, and basic gymnastics skills in an enjoyable and motivating way. Parents are asked to stay and watch from our second floor viewing area.

Register in advance during office hours by calling or stopping by. If you're registering day of please arrive five minutes early to complete the participant form and waiver, and credit/debit or exact cash is appreciated.

We are proud to offer a clean, spacious, well equipped gym with dedicated, fun, and knowledgeable coaches. We hope you will come by to experience what our gym has to offer. We are confident your child will enjoy gymnastics at KGC!

Join us, you'll flip!

