

# Rockland Gymnastics Academy

*Where fun and learning is the biggest part of it all!*



**Gymnastics improves school skills:**

- **Following Directions;**
- **Listening Skills;**
- **Forming a Line**
- **Doing Tasks in Order**
- **Perseverance**
- **Coop-**



*Be Well... Live Well...help your child make a healthy choice..do gymnastic*

**Develop Skills to Enhance Other Sports;**

**Develop Strength and Power**

**Develop Coordination**

**Develop Flexibility**



**Learn to Listen and Follow Direction**

**Learn Fundamental of Movement**

**Gain Self Esteem and Confidence**

**Social Interaction with Peers;**

**Learn to Set Goals;**

## **WE STRENGTHEN THE TOTAL CHILD**

- Pre School Gymnastics**
- Recreational Gymnastics**
- Team Gymnastics**
- Tumble & Trampoline**
- Competitive Team;**
- Cheerleading Tumbling**
- Children's Fitness;**



**11,00 square ft facility**

**Air Conditioned**

**Birthday Parties**

**Boys & Girls Locker Room**

**Low Student Teacher Ratio**

**Cheerleading Tumbling**

**Summer Camp & Classes**

**BIRTHDAY  
PARTY**

**Gymnastics**

**Join Now...Don't Miss Out on being part of our end of the year gymnastic extravaganza show...Children receive awards and medals..**

*You give us the list of guest  
We do the Rest*

**134 West Nyack Road, Nanuet, NY 845-624-4056**