



TOTS GYMNASTICS CLASSES!

Why toddler gymnastics?

Gymnastics focuses on the growth and development of a child, with a special focus on fundamental movement patterns and growing essential motor skills. It builds confidence, self-esteem and body awareness. It improves interactive playfulness and emotional intelligence. Gymnastics develops general strength, flexibility and hand-eye coordination, and critical social stimulation. It's a great fitness foundation for life, and many other sports.

GYMNASTICS

U N L I M I T E D

The limit is where you want it to be

**Class once a
week for 30
minutes!**

From age 2

Class times:

Fridays

**13:00 – 13:30 (3 to 4
years)**

**13:45 – 14:15 (2 to 2½
years)**

**GYMNASTICS
UNLIMITED**

Ernest Ullman Park
Recreation Centre
Alma Road
Morningside Manor

Contact: Tumi on
076 986 1197