Internationally Onyometrics Training Center
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internationalgymnasticsmiami.com
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Recreational Gymnastics Class Schedule/Prices

Why Gymnastics?
Gymnastics is perhaps one of the most comprehensive “lifestyle exercise programs” available to children. Incorporating strength, flexibility, speed, balance, coordination, power and discipline. It also provides children with an opportunity to meet with friends, make new friends and have fun while motivating and building self-confidence!

Gymnastics and early childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness. While the preschool gymnastics teacher runs about and plays with the little kids in her class, she is preparing her students for successful experiences in school; children who have participated in movement education activities have longer attention spans, increased communication skills, general problem solving skills and improved self-esteem.

Coaches Profile:
Our coaches are friendly, experienced and safety trained and certified, providing superior gymnastics instruction. Our goal is to provide our local community with a safe place for kids to focus on fitness and fun.

Class Times
Recreational

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Tuition Schedule
Annual Registration $80
Per 4-week session (monthly)
1x/weekly = $100/monthly
2x/weekly = $160/monthly
3x/weekly = $200/monthly
4x/weekly = $250/monthly
5x/weekly = $280/monthly
Additional class/1 hour= $25

Open Gym
Saturdays 1:00-3:00

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