

Important values your child will develop through the **GCH** gymnastics program:

Inner Child

- 😊 Concentration
- 😊 Carries over to school
- 😊 Positive self-esteem
- 😊 A love of learning
- 😊 Goal setting
- 😊 Resilience to failure
- 😊 Mind & body
- 😊 Cognitive development

Outer Child

- 😊 Body awareness
- 😊 Strength
- 😊 Balance
- 😊 Coordination
- 😊 Flexibility
- 😊 SMILES
- 😊 Keeps child fit and healthy

“The skills children learn from gymnastics are incredible life skills. That will serve them no matter what sport or activity they pursue in life. So get them active and above all ...have fun.”

**Best teacher/child ratio in
Hershey
Palmyra
Harrisburg
Elizabethtown**

Girls Recreational Classes
Level 1 (ages 6-8) (ages 9-12) Basic Skills

Thursday
4:15-5:15
5:30-6:30
6:45-7:45



Level 2 (ages 6-8) (ages 9-12)
Round-off, Bridge, Back-hip pullover on bar

Thursday
4:15-5:15
5:30-6:30
6:45-7:45



Level 3 (6 and older) Bridge-Kickover, back-hip circle on bar, handstand forward roll

Thursday
6:45-8:15



Boys Recreational Classes

Boys Beginner & Advanced
(ages 6 and older)

Thursday
6:45-7:45



Preschool
Baby Bear (age 2, with parent) • BB
Tuesday 9:30-10:15



Teddybear Tumblebear 1 (ages 3-4 1/2) • TT1
Tuesday 10:30-11:30
1:00-2:00
Wednesday 9:30-10:30
Thursday 1:00-2:00
5:30-6:30
6:45-7:45



Teddybear Tumblebear 2 (ages 4 1/2 -6) • TT2
Tuesday 10:30-11:30
1:00-2:00
Wednesday 10:30-11:30
Thursday 1:00-2:00
4:15-5:15
5:30-6:30
6:45-7:45

