



SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

PRE-GYMNASTICS

The focus of this class is to improve balance, strength and coordination in a fun, non-competitive environment. Children will practice gross motor and gymnastics skills using mats, gymnastic apparatus and games.

- Eligibility:** Ages 4-5 years
- Schedule:** Tuesdays
Nov 3rd-Nov 24th
5:40-6:10pm or 6:20-6:50pm
- Location:** Youth Services Gym, Building 500
- Cost:** \$18.00 per session (4 classes)
- Instructor:** Andrea Spotts
- Attire:** Play clothes

All students must have a current CYSS membership and up to date shot record on file at Youth Services before registering for class.



West Point Child, Youth and School Services
Building 500, Washington Road
938-3727/8893
www.westpointmwr.com

