



TEAM GYMNASTICS

ALTHOUGH GYMNASTICS IS TYPICALLY AN INDIVIDUAL SPORT, TEAM GYMNASTICS PROVIDES COMPETITION OPPORTUNITES AND INDIVIDUAL SKILL GROWTH WHILE BEING EXPOSED TO THE BENEFITS OF A TEAM ATMOSPHERE.

IS YOUR CHILD INTERESTED IN BEING ON A GYMNASTICS TEAM?

Come by the gym and check out our teams. We have level 2, level 3, Level 4, level 5 and level 7 teams competing this season. This is a great way to challenge yourself to your highest level and be a part of a true team.

