



## NEW FOR SUMMER 2020

# GYMNASTICS

For girls currently in 2nd grade and up



Grace's Gymnastics is a boutique Gymnastics studio located in Brooklyn, New York and will be joining us this summer at Camp Seneca Lake. The instructors are professional USAG certified gymnastics coaches. They inspire the gymnasts to reach their full potential through the personal attention they receive. All students will learn to master new skills in a safe and controlled environment. The gymnastic classes aim to strengthen critical skills such as flexibility, balance, agility,

coordination, endurance, and confidence. Students work hard and experience a true sense of accomplishment. We teach a vast range of skills from beginner to advanced. Each class begins with warm up, stretch and a progression of skills as they are achieved; beginning with forward rolls to handstands, cartwheels, front-walkovers, back-walkovers, back-handsprings and back-tucks, etc. Each student gets plenty of personal attention to learn and master new skills.

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### DATES:

One week during camp, intensive ..... July 22-July 29

One week after camp, intensive ..... August 16-August 21

Grace's Gymnastics will also be giving classes for all campers at Seneca this summer.

Call 718-261-2267 for pricing and more information.

[senecalake.com](http://senecalake.com)