



by Stretch-n-Grow

TUMBLING... IT'S HOW WE ROLL

ALL-STAR GYMNASTICS 5 POINTS OF SUCCESS:

- Encourage structured physical activity through tumbling
- Elevate balance and flexibility skills with self-control
- Escalate development of forward, backward, motor, and cooperative skills
- Engage in challenging core strength, agility, and endurance activities
- Equip stars for future gymnastics progression



Where Kids LOVE to move!

Our All-Star Gymnasts learn basic tumbling skills through progressions designed to build strength, flexibility, balance, coordination and endurance.



It's a FUN way for kids to build confidence and learn gymnastics fundamentals.



SNG-EASTTN.COM

ALL STAR GYMNASTICS IS AVAILABLE FOR AGES 3 AND UP.