

BIRTHDAY PARTIES

An Upside-down and jumping around experience! Let us do the work! Actually enjoy and celebrate your child's birthday! Call for package information

OPEN GYM

SUNDAYS 1:00-3:00

*Drop Off Program. Get some hands free time!

KIDS NIGHT OUT

Offered One Saturday Night Per Month

ACRO CAMP

Half-Day & Full-Day instructional gymnastics camps offered during the school year closings.

Ages 3—13 year s

*Pre-registration required

*Half Day & Full Day Available

FIELD TRIPS

Acro Fit Offers Fully-Instructional Movement & Fitness Field Trips for Organizations & Schools.

Brownies, Girl Scouts, Preschools, Teams, and Mom's Clubs, just to name a few.

Our party room can accommodate a snack & craft time.

CALL FOR MORE DETAILS



4015 Clark Rd.
Sarasota, FL 24233



Inspiring Children's Lives Through Gymnastics.

941-923-2100

4015 Clark Road

www.acrofitgymnasticscenter.com

Setting The Bar in Children Programs
REGISTER TODAY!

ACRO-TOT

AGES 18 months—3 years

A social introduction to a learning class environment. Class consists of a structured stretch, a group game segment, and open movement exploration of the gymnastics equipment and obstacle courses. Class activities encourage the development of personal & general spatial awareness, loco-motor skills, gross motor skills, directional pathways, and gymnastics.

ACROBAT:

AGES 3 years -5 years (preK)

An introduction to gymnastics in a structured environment on progressive equipment.. Class activities develop total body co-ordination, balance, & strength. Full gymnastics skill curriculum.*Child must be fully potty trained

FIT KIDS ACADEMY

**AGES 3 years -5 years (preK)
ALL IN ONE PROGRAM!**

**3-HOUR program that includes:gymnastics/
academic/art/movement. Let US channel all
of that youthful energy!**

***Child must be potty-trained**



RECREATIONAL GYMNASTICS

AGES 5 (K) - 12 yrs. Old

Acro Fit offers a 5-level skill progression program that is designed to teach students safe and solid gymnastics in an atmosphere that invites the confidence "to try.". Please review the level descriptions below to determine your child's possible level. Please feel comfortable asking an instructor for assistance in evaluating your child. Please Note: Final leveling & grouping of students is at the discretion of Acro Fit instructors.

TUMBLE

A great class for competitive dancers & cheerleaders! Learn proper tumbling technique and conditioning exercises for developing the muscular strength & flexibility needed for power tumbling. Beginner Tumblers Welcome.



BOYS ACROFIT

AGES 5 - 8 yrs. Old

A fitness training program mixed with basic tumbling for developing athletes. Increase your child's strength & flexibility through calisthenics, agility exercises, and acrobatics! Students broken up into groups of 5-8yrs old & 8-10 yrs. old

ACRO-FIT *For Adults!*

Discover the muscles you never knew you had !

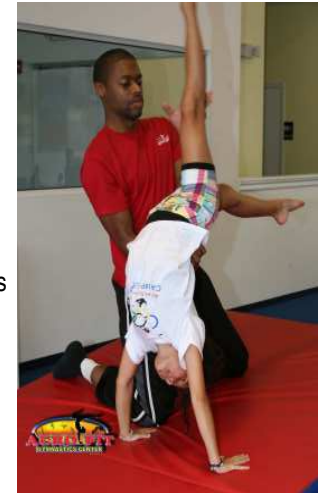
Test your stamina and agility, & join this group exercise class that combines stretching, pilates, calisthenics, & basic gymnastics into an invigorating and challenging workout. .

Invigorate in 2008!

PRIVATE LESSONS

Split with a friend!

Available upon request. Enhance the effectiveness of your gymnast's class with one-on-one instruction. Strongly recommended for tumble students.



TEAM PROGRAMS

PERFORMANCE TEAM

An alternative to competitive gymnastics. Team members train floor, vault, partner balancing, mini tramp, and rhythmic gymnastics. This is your chance to learn high level gymnastics, be a part of a team, and perform all over Sarasota! Without the time commitment of competitive gymnastics! Gymnasts are accepted through try-out only.

Have An Event In Mind? Please call us!

TRAINING TEAM

Our Feeder team for the performance team. Potential gymnasts train the basics for team.

CHEERLEADING TEAM

A comprehensive training program for beginners through intermediate cheerleaders! Students train motions, jumps, tumbling, dance, and mounting. Currently, the team is performance based. Have your child be a part of a team and shine all over Sarasota County!