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- Special Events are typically 90 minutes
- 1 hour instruction, 1/2 hour free play
- Group ratio: 10 kids per coach
- Cost—\$10/per child

Special events can be scheduled on most days if arrangements are made well in advance.

ATTENTION BOOSTER CLUBS AND NON-PROFIT ORGANIZATIONS

Host your next fundraiser at Gold Country Gymnastics

Cost to you is \$5 per child with a minimum of \$100 to the gym. You will have use of the gym for 2 hours which includes 2 coaches to aid in the fun.

You will need to provide parent Chaperones and you can provide whatever food you would like.

You would charge \$20-25 per child for the two hour event and the profit is all yours! The earning potential is amazing! Don't let your club miss out on this wonderful opportunity.

Fundraising events are scheduled on Friday evenings from 7-9 pm based on availability.

Call today to schedule yours!

Local Businesses.....ask us about our team building events! Learn about your employees and co-workers in a fun-filled event at our gym. Work together to answer questions, make it through mazes and become a more cohesive group!

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Field Trips

Gold Country
Grass Valley **GG** California
Gymnastics

Schools
Daycare Centers
Childrens' Organizations
Year-End Events

The areas premier advocate for youth fitness.

Exercise & improve agility in a fun-filled environment!

► It's Good For the Body

Gold Country Gymnastics is the areas premier advocates for youth exercise and athleticism. We provide a fun and enjoyable atmosphere for every child to learn discipline, coordination, self-confidence, and valuable life lessons through safe, professional, high quality instruction.



Gymnastics provides all over body conditioning

Our instructors are safety trained and experienced in working with children of all ages and strive to make every child's experience one to remember.

Benefits the Mind

Ask any gymnast or ex-gymnast and they will tell you, "Gymnastics taught me discipline and determination that has carried over to all areas of my life".



Improved Focus and determination

This statement demonstrates how the focus that is required while learning the various skills goes beyond normal everyday functions and this level of focus stays with the child regardless of the activities they venture into as adults.

Social Interaction

Participation in any organized sport provides the opportunity for children to interact socially with other children and learn skills that revolve around working together and getting along.



Builds Social skills

