

# HUNTSVILLE GYMNASTICS CENTER



**1993-2017**  
*24 years teaching thousands of students*  
*Gymnastics - the best all-around physical education for your child!*



The Center is conveniently located at 3062 Leeman Ferry Road, just south of Drake Avenue. This is the best-equipped gymnastics facility in North Alabama. We offer a wide range of class times, while consistently maintaining the lowest coach/student ratios in the area.

We offer gymnastics classes for boys and girls ages 2 and up, as well as homeschool groups and Girls Team (our Boys Team trains in our Madison center). If you do not see the time you want, please ask and we will see what we can do to add a class.

All our classes are kept very small. **We still only allow 7 students in our older classes, and still only 6 in the pre-school classes**, to ensure the best learning environment possible. **We never overfill classes! You are welcome to come by and watch our classes at any time.**

James Linderholm, the director of the Center, has taught gymnastics for 28 years. He has served on the state and regional boards and is currently a National Instructor for USA Gymnastics. James is a U.S. citizen, but grew up in England. He has a B.A. and an M.A. in Law from Oxford University, and practiced law in both countries before choosing to coach full-time. For almost 10 years he directed USA Gymnastics' Talent Opportunity Program in the region. He was inducted in June 2007 into the Region 8 Gymnastics Hall of Fame and received Alabama's Leadership and Achievement Award in 2008.

Meg Hall teaches beginner gymnastics classes and works with our special needs students. She has taught gymnastics and ballet for more years than she wishes to admit, and is known throughout the community for her outstanding work with young children.

Nicole Wall is an NCAA All-American from the University of Nebraska and a former Canadian National Champion. Sarah Behel is a former Jr. Olympic gymnast who has been coaching for 19 years and is our resident choreographer. Amanda Kerr is a former Jr. Olympic gymnast and certified personal trainer.

At HGC we focus on teaching. We teach gymnastics and tumbling skills using safe progressions and small-size classes. We have the best equipment (and enough of it that our students never have to wait in line), and we maintain very small teaching groups. We want our students to be safe while they are learning, and we want them to develop strength, coordination and physical confidence through the unique sport of gymnastics.

We believe that these are the keys to our success, and the reason for our continual growth over the last twenty-four years. We warmly invite you to come by at any time and see our center.

256-883-0566  
[www.hsvgymnastics.com](http://www.hsvgymnastics.com)

# Huntsville Gymnastics Center

3062 Leeman Ferry Road  
 Huntsville, AL 35801  
 256-883-0566

<b>2/3 classes</b>	<b>30 minutes</b>	<b>\$55 a month for once a week</b>
<b>4/5 classes</b>	<b>45 minutes</b>	<b>\$70 a month for once a week</b>
<b>Other classes</b>	<b>1 hour</b>	<b>\$80 a month for once a week</b>
<b>Intermediate</b>	<b>1 1/2 hours</b>	<b>\$100 a month for once a week</b>

**There is a \$20 discount for adding a second recreational class.**  
**There is a \$50 discount for adding a second Intermediate class.**

**Registration fee \$25 per year (waived for 3<sup>rd</sup> child)**  
**No full-year contract required, just a \$20 deposit and a 30-day notice if stopping mid-year.**

## Fall classes August 7th

### 2/3 year-olds

Mon 9:30AM  
 Mon 5:00  
 Mon 5:30  
 Wed 5:30  
 Thu 9:30AM  
 Thu 5:30

### 4/5 year-olds

Mon 10:15AM Thu 10:00AM  
 Mon 1:15 Sat 8:30AM  
 Wed 9:00AM Sat 9:30AM

### 6/7 year-olds

Mon 3:15 Wed 3:00  
 Mon 5:00 Thu 3:00  
 Mon 6:00 Fri 4:15  
 Tue 5:00 Sat 9:15AM  
 Tue 5:45 Sat 10:30AM  
 Tue 6:15 Sat 11:30AM  
 Wed 9:45AM

### 8+Girls

Wed 9:45AM Sat 8:30AM  
 Wed 5:00 Sat 10:30AM  
 Wed 6:00 Sat 11:30AM

### Intermediate (1 1/2 hours)

Wed 4:00  
 Thu 5:00

### Boys Only

Age 6-8 Fri 4:00  
 Age 8+ Fri 5:00

### 8+Beginner Acro

Tue 4:00

### 11+Beginner Acro

Tue 6:00  
 Thu 6:00

### Intermediate/Adv Acro

Wed 4:30

In our Acro classes we keep small groups, just like our regular classes. We use safe progressions with plenty of spotting as needed. We work on tumbling skills, strength and flexibility. The Beginner class focuses on cartwheels, round-offs and back handsprings. The Intermediate/Advanced class requires a round-off back handspring

We also have Advanced, Pre-Team and Team gymnastics programs.

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