



## After School Care Program that fuels the mind and body!

Bieger International Gymnastics is pleased to offer a fun, rewarding After School Program that is affordable too! Our exciting new program combines supervised study time with gymnastics / fitness activities to give your child a fulfilling enjoyable experience each day after school. Our After School Program includes transportation of students from their school to our new 23,000 sq. ft. gym with brand new equipment conveniently located off Powerline and 10th street in Deerfield Beach, FL.

Upon arrival at the gym, the students will have the opportunity to have some time for a snack. The children will then receive one hour of supervised homework time in a quiet and functional setting. Once homework time has been completed, each child will be placed in an age appropriate group to take part in a gymnastics class. Each class is led by qualified, encouraging instructors who follow professional and organized schedules. Students are given time using all gymnastics apparatus: bars, beam, vault, and floor, as well as the use of trampolines and foam pits. All activities take place in a nurturing and caring environment. Truly, this program is designed to exercise the mind and body.

### Monthly fees for the program are as follows:

5 Days per week only \$300 per month

3 Days per week only \$200 per month

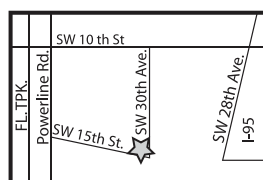
*Pick-up will be at the gym between 5:30 and 6:00 p.m.*

For all other information or questions, please feel free to contact us by phone or e-mail.

Hoping to hear from you soon.

Thanks and best regards.

Andrea Bieger  
Owner of B.I.G.



### **Benefits of Gymnastics for Boys and Girls of all ages!**

Gymnastics is given credit for the following physical benefits to children of all ages:

- Helps develop coordination
- Develop skills to enhance other sports
- Improves flexibility
- Builds relative body strength and power
- Injury prevention, learn proper ways to fall which prevents injuries in other sports
- Solid foundation for fitness

Gymnastics is often given credit for the following benefits of the mind:

- Improves listening skills and discipline
- Builds self-esteem and confidence
- Promotes goal-setting skills and concentration
- Helps develop social interaction with peers
- Creates a strong work ethic
- Raises attention to detail
- Fosters perseverance and longer attention span

Questions?

Call us at:

**954-426-3930**

Email us at:

[big@biegergym.com](mailto:big@biegergym.com)

Stop by to check out the facilities at:

**Bieger International Gymnastics**

3000 SW 15th Street

Deerfield Beach, FL 33442

Learn more about it online at:

**[www.biegergym.com](http://www.biegergym.com)**