

Rhythmic Gymnastics • Mommy & Me • Fall 2021

PROGRAM DETAILS

Girls and Boys ages 1-2 are welcome.

One parent per child is allowed in a class.

Putting your child's needs first shouldn't mean forgetting your own needs. At MatchPoint NYC's Mommy & Me class you can play, exercise, and socialize with your child, all under the supervision of a qualified instructor.

A wide range of physical activities are encouraged for our happy toddlers, including:

playing — jumping — balancing — climbing — crawling — stretching — galloping — sprinting — sharing

Benefits for Child:

- Mother-child bonding
- Increased sense of security
- Improved social skills and motor skills
- Improved discipline and self-control

Benefits for Parent:

- Mother-child bonding
- Exercise and improved mood
- Meet new, like-minded people
- Make new friends

Mondays and Wednesdays 10 – 11 am

Try-out - \$30 (first-timers only)

Package of 5 - \$110

- **Package expires Jan 31, 2022**

GENERAL TERMS

For pricing and all other details, please contact the front desk (718) 769 – 0001 or visit us at 2781 Shell Rd, Brooklyn.