



## GYMNASTICS

Director: Ruthann Ardizzoni  
Member USA Gymnastics,  
Member American  
Athletic Union  
Member Gymnastics Judges  
Association  
Baystate Games Volunteer

Coached CHS Varsity Gym  
Team

1985-1999

Gymnastic Head & Consultant to  
Derby Academy Summer Arts Program

1989-Present

Hanover Varsity Gymnastics Team

2002-2003

Cohasset Middle High School

2001, 2004, 2005

League Champions

Assisted Cohasset/Norwell Varsity Teams

2006-2008

Meet Director Certified, Skill Evaluator Certi-  
fied, Safety Certified, CPR Certified,  
First Aid Certified

Ruthann has taught gymnastics at the SSCC  
since 1978



South Shore Community Center  
3 North Main Street, P.O. Box 631  
Cohasset, MA 02025-1897



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781-383-0088

**Be a part of our winning team!**



**Mission Statement:**

To encourage participation in gymnastics/sports by providing a safe and positive environment where children can succeed and have fun in the process.

**TUMBLEBUGS Boys & Girls AGE 3**

This program is designed to enhance motor development & hand/eye coordination using musical games w/ Lummi Sticks & Bean Bags. The children are also Introduced to age appropriate tot equipment.

**SPORTS FOR KIDS AGES 4-6**

**Boys & Girls**

This program concentrates on the fundamentals of baseball, bowling, kickball, dodge ball, grab ball, relays & basketball w/strength conditioning skills.

**SPORTS FOR KIDS AGES AGES 5-9**

**Boys & Girls**

This program covers the same sports as the younger group with a concentration on refining skill level.

**GYM EXPLORERS AGES 4-6**

**Boys & Girls**

This program builds on the skills acquired in Tumblebugs for the older child with more advanced motor development.

**BEG./ INT. GIRLS Ages 5-8 & Ages 7-12**

This program involves rotations on vault bars, beam, floor, Following the USA Level 1-4 Skills.

**Junior High & High School Girls Ages 12-17**

The gymnasts work on various routines on the equipment in preparation for High School competition.

**GYMNASTIC EQUIPMENT:**

- 35' X 42' EVA Foam Floor For Competition
- 2 AA1 High Beams: 16' long/ 4" wide
- 5 AAA1 Low Beams
- Uneven Bars: AA1 with extra large spread
- AA1 Vault Table

**TEAMS**

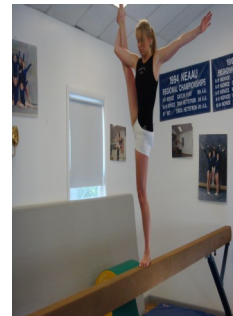
Students must be screened for Team.



**PRE TEAM Rising Stars**

Level: 2, 3, 4  
Compulsory Team

Level: 9  
Optional Team



**Seasonal Camps:**

Gymnastic Sports & More Camps Ages 4-10  
December, February and April



**GYMNASTIC & SPORTS & BOWLING PARTIES**

Fri. nights 5:30– 7:00, Sat. & Sun. 10:30, 12:30 or 2:30. Children spend 1 hour w/instructor playing sports, bowling or gymnastics followed by 30 minutes in the Sunshine Room for cake & ice-cream which parents provide.



**Summer Programs:**

- Gymnastic Sports & More Camps
- Summer Regular Gymnastic Classes
- Gymnastic Teams Workouts

Call for Class times and availability or to Register by phone please call 781-383-0088 .

Visa, MC & Discover accepted.

Membership discounts available for all classes. Membership at the Center runs from September to September.

Membership Rates:	Family	\$50
	Individual	\$40
	Seniors	\$15
	Corporate	\$150