



## **The Sweet Beginnings Approach**

*The first few months of your child's life  
are important building blocks.*

*Let Sweet Beginnings help you develop  
the solid foundation for a happy, healthy  
and fit child.*

*It's playful parenting that's informative,  
educational, and a chance to meet  
mothers of all ages, share experiences  
and stay connected.*

*Our dedicated professionals truly love  
what they do, and it shows.  
Spend some quality time with your baby,  
and see how enjoyable fitness can be.*

Interstate  
Gymnastics Dance

5 Burnham Road  
Methuen, MA 01844

**978.688.8939**

[www.interstatgymnasticsanddance.com](http://www.interstatgymnasticsanddance.com)



Interstate Gymnastics & Dance Presents

# Sweet Beginnings

*fitness program for babies and their parents*



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MOVE • CLIMB • EXPLORE

## Introducing The Sweet Beginnings Program for Babies and Their Parents

Interstate Gymnastics & Dance is pleased to announce our *new arrival*, The **Sweet Beginnings** fitness program for moms and babies. This enjoyable, healthy course is specially-designed for babies 3-12 months of age to encourage them to move, crawl and explore their world.

Moms get a chance to stay fit, meet others, share ideas, feel a sense of community and spend quality time with their baby in a safe, healthy and fun environment.

At Interstate Gymnastics & Dance, it's always about *fun, fitness and friends*.

## You and Your Baby Reap the Rewards

As the year unfolds, your tot will learn and grow a great deal—mentally, socially, emotionally and physically. He or she will constantly explore and test the environment to determine how things work—practicing over and over again.

Your support in these exciting new adventures will be both enjoyable and challenging—and the rewards are unlimited. With our trained and certified staff to help you, you'll become more and more in touch with your child—in essence, **Sweet Beginnings** is the first project you'll work on together!

## A Custom-Developed Program with Education and Enjoyment

The program begins with an introduction and exploration warm-up, which allows the tot to freely enter the gym with Mom and choose a comfortable space and activity.



Once everyone is settled, group warm-ups begin where mother and child team up with guidance for various activities designed to reach the objectives of the class lesson.

## At Interstate Gymnastics & Dance, it's always about *fun, fitness and friends.*



After group warm-up, teachers work individually with mothers and babies at a number of stations designed to maximize the fitness experience and foster the parent bond.

The program wraps up with a lively session of song, games, stories and surprises! It's a perfect way to end your special time with your child and new friends.



## About Interstate Gymnastics & Dance

Our staff is USA Safety trained and certified, and is comprised of some of the most talented professionals in New England.

Staff members attend clinics, seminars, certifications programs and educational events that keep them among the most knowledgeable in the industry. Our multi-level, 10,000 square foot Gymnasium facility is minutes from Route I-93 and custom-designed with a full range of safe, state-of-the-art training equipment.



## Enroll Today and Find Your Quality Time

Classes are reasonably priced at just \$80 for eight weeks, and fill up quickly, so call **978.688.8939** to register or visit our web site at [www.interstategymnasticsanddance.com](http://www.interstategymnasticsanddance.com)

