



Denver School of Gymnastics

5840 Lamar
Arvada, Colorado 80003
303-424-2910

About Our Program

The Denver School of Gymnastics is the oldest and one of the most successful private gymnastics clubs in the state; now expanded to be the most successful gymnastics daycare program also in the state. We strive to provide the safest and most current gymnastics instructional techniques available. Each half-hour class is taught in a fun and positive environment while learning the basic development skills in gymnastics. This program will allow a student to continue their gymnastics experience in a private or recreational program after leaving the daycare center with confidence by knowing all the basic gymnastics skills. If they choose not to continue with gymnastics, this program will also provide a great advantage in other sports because of the coordination, strength, and confidence acquired in this program.

EXCITING

For Boys and Girls!
Age Appropriate Classes!
New Skills Taught Each Week!
Sign-up at any time during the 8 week session!
Builds Strength!
Builds Confidence!
Builds Body Awareness!
Classes Taught by Certified Instructor in SAFETY and CURRICULUM!

FUN!

Joe Walker: Joe has been with the program since 1980. He is the Director. He also coaches the Competitive Team Program.

Pre-school Director and Development Program

Contact Joe Walker for Sonshine Center Program information, or visit our website at <http://www.dsgym.com/>