

Wide appeal for Gymnastic Academy of Boston

With both recreational and competitive participants, the Gymnastic Academy of Boston (GAB) in Plainville offers a variety of programs to support boys and girls of all ages. From toddlers learning to walk and tumble, to competitive teenage athletes, the Academy appeals to a wide range of young gymnasts and their parents.

Opening its doors for the first time in September 2004, the Plainville site remains the newest of the five GAB locations. The others are Marshfield, Cambridge, Norwood and Acton. GAB is a family-owned and operated business since 1972. The Ferraro family's interest in gymnastics was triggered by seven daughters, all of whom were involved in gymnastics. One of the daughters, Lisa Wissmar, owns the Plainville location.

GAB Plainville recreational programs provide opportunities for kids to improve their strength, flexibility, balance and overall



SUBMITTED
An instructor at the Gymnastic Academy of Boston helps a young student 'learn the ropes.'

body coordination, while also gaining new friendships and learning to work as a team.

Boys and girls are grouped by age and ability, with many classes from which to choose and the ability to move up in skill level as they progress. At the higher skill levels, athletes can demonstrate their abilities to join competitive teams following the US-AG Compulsory or Prep-Opt tracks. The competitive team environment challenges young athletes physically, while also building self-esteem and self-confidence.

GAB Plainville boys and girls teams strive to succeed both in competition and in developing focus and discipline that apply far beyond the gym. They also learn about giving back to the community through participation in fundraisers such as the Carnival for Children's Miracle Network, food or pajama drives, and Relay for Life.

The GAB athletes are only as successful as the experienced



SUBMITTED
An instructor at the Gymnastic Academy of Boston catches a young student. The academy is open to boys and girls, toddlers as well as competitive gymnasts.

staff of coaches and instructors available to support the programs. GAB staff members are chosen for their experience and professionalism, as well as for their passion. They are both passionate about the sport of gymnastics and enthusiastic about teaching and making others successful.

GAB also holds parties for

all occasions and runs summer camps for children 3 years of age and older. Every month the staff conducts events such as open gyms, camps, and Kids Nights Out that are open to all members of the community.

To learn more about GAB, call 508-695-2600 or visit www.gymnasticsacademyofboston.com.