



# HEALTH CARE

Special pullout section

## Cartwheels to offer programs for kids

By **ANDREA LEFEBVRE**  
*Advertising Features Writer*

For most people, gymnastics brings to mind somersaults, cartwheels and handstands. For Jenn Unsworth and Patricia Murphy, owners of the soon-to-be-opened Cartwheels Gym Centre, the sport means balance, co-ordination, flexibility and strength: skills that can be used in other sports as well.

"Gymnastics is one of the only sports for pre-schoolers that uses every part of the body," says Unsworth during a break from cleaning and painting the new gym. "Kids learn how to fall and fall safely, and how to jump and land safely. Gymnastics is the foundation of so many sports."

Opening in August, Cartwheels Gym Centre will offer a variety of recreational gymnastics classes for kids aged one to 10 years old. In addition to these classes, Cartwheels will also host parties and events, P.A. Day programming and Social Sports—a program aimed at kids with special needs.

Registration for fall classes begins on August 3 and potential students will have the chance to explore the new gym later that month at open houses and trial classes. Murphy and Unsworth are also hoping to hold half-day summer camps later this summer, but it depends on when their gym equipment arrives.

Some of Cartwheels' programs are already generating buzz. The gym will host a monthly movie night for kids four and older called Flips and Flicks, which will give the kids a fun night out and parents a quiet evening alone.

Murphy and Unsworth will also hold a twice-a-week drop-in program for kids and their caregivers in the gym's play area.

"Tons of parents in town drive to Brampton or Mississauga for indoor playgroups because there are indoor playgrounds on every corner there, but not here," Unsworth says. "We want to give parents and caregivers somewhere to go and something different to do."

Cartwheels Gym Centre is located at 318 Guelph Street in Georgetown. For more information, email the gym at [cartwheelsgym@gmail.com](mailto:cartwheelsgym@gmail.com) or visit the soon-to-be-launched website at [www.cartwheelsgymcentre.com](http://www.cartwheelsgymcentre.com).



Brodie Unsworth, 4, gets airborne on the trampoline under the watchful eyes of Cartwheels Gym Centre co-owners Jenn Unsworth (left) and Patricia Murphy. The newly-opened facility at 318 Guelph Street, will be taking registrations August 3 to start gymnastic classes September 13. There are various programs available for kids one to 10 years of age, and also PA Day programs and March Break activities. The facility will also host parties for all occasions, and Friday night movies once a month. Open 9 a.m. to 3 p.m., Monday through Friday, it is also open Saturdays from 9 a.m. to 1 p.m. For more info, call 905-702-9904, or email [info@cartwheelsgymcentre.com](mailto:info@cartwheelsgymcentre.com)

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