



Carolina Gymnastics Center was built around the goal of improving young lives through the sport of gymnastics. In existence for over 45 years, Carolina Gymnastics seeks to offer opportunities for children ages 2 to 18. Every attempt is made to offer programs that fit the needs and skill level of each student.

Programs are offered from beginner through competitive team gymnastics and training from 45 minutes 1 day per week to 18-20 hours per week of intensive training. Carolina Gymnastics hopes that each student's life and character is improved through the challenges and successes they find in themselves and in our programs. With this in mind, safety is obviously the primary concern and is reflected in our facility, equipment, lesson plans and staff training.