

Palaestra Gymnastics Academy

Palaestra Gymnastics Academy was founded by Kathy Needham in 1980. We take our name from the Greek word Palaestrum, some of the first training grounds for the Olympic games. We believe in the same generations-old holistic practices that these original Olympians trusted. Mind...Body...Soul.

Our Mission

Dedicated to Excellence *and our families*

Our Mission is to educate, train, and inspire athletes from the *inside out*. At PGA, we train our students in a safe, state of the art facility, using a holistic approach to training. This allows us to prepare each and every student as an individual, allowing them to become *thinking* and productive human beings in today's society. At Palaestra, we strive to reach *each* and *every* athlete, and to acknowledge their needs as unique individuals!

Our Philosophy

Athletes First

Our goal, is to help athletes acquire the attributes for strong character development mentally, physically and spiritually. Through our training, we will strive to produce the finest athletes possible to represent Palaestra Gymnastics Academy..

How you win and how you feel about yourself is even more important than the sport. There is a de-emphasis on a "win at all cost" attitude and/or pressure applied by adults. We emphasize strength, flexibility and skills along with proper technique and form. We believe this is critical to the development of a competitive gymnast. In addition, your daughter will learn sportsmanship, strong work ethics, goal setting, time management, discipline, commitment and perseverance as well as life-long values of respect for self and others.

Humans naturally compete. Competition is a tool toward positive character development. Our athletes gain many of the attributes needed to develop strong character that will carry into and throughout their adult lives long after the cartwheels are gone!

Welcome to our family!