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Sports

There's no trick to this treat at local gymnastics academy

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COMMUNITY SPORTS DESK

PLAINVILLE - Gymnastics can be tricky to perform, but with perseverance, it can be a real treat to observe. Later this month, young gymnasts will be able to enjoy Open Gyms while sporting the Halloween costumes they'll be wearing for real a few days later. Kids 5 years old and over will enjoy an Open Gym at the Gymnastic Academy of Boston (GAB) in Plainville from 5 to 6:30 p.m. on Saturday, Oct. 23, followed by a movie from 6:30 to 8 p.m. Preschool children will gather for an Open Gym between 11:30 a.m. and 12:30 p.m. on Tuesday, Oct. 26. In both cases, participants are encouraged to wear their Halloween costumes and discouraged from painting their faces. Another Open Gym for all ages will be held from 3:30 to 4:30 p.m. on Saturday, Oct. 30.

Admission fees and donations will benefit the Friends of the North Attleboro Animal Shelter.

"We try to give back to the community when we can, and we work with a number of different charities, including the Carnival for Children's Miracle Network, Relay for Life and food or pajama drives," said Ivana Woodason, General Manager at GAB. "That helps our kids and our parents know that we care about others."

The Plainville location, which opened in 2004, is still the newest of the five GAB sites. Others are Marshfield, Cambridge, Norwood and Acton. The business has been owned and operated since 1972 by the Ferraro's, all of whose seven daughters were involved in gymnastics. Another competitive season is right around the corner. The Level 4, 5 and 6 Compulsory Girls will start their new season Oct. 31 versus MGC Waltham, to be followed by the Judges Cup Nov. 13-14. The boys will begin competing Dec. 19 at the Somersault Center.

There is also a recreational side to GAB, which offers a variety of programs to boys and girls of all ages, from toddlers learning to walk and tumble to teenage athletes. GAB Plainville's recreational programs provide chances for kids to improve their strength, flexibility and balance. Grouped by age and ability, kids have many classes from which to choose and can move up in skill level as they progress.

Many sports organizations that depend on memberships have seen their numbers go down in 2010 due to the poor economy, but at the Gymnastic Academy of Boston, the number of participants has risen by approximately 100 in the past year.

Those interested in learning more about GAB Plainville may call 508-695-2600 or visit

www.gymnasticsacademyofboston.com.

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