



COURTESY PHOTO

Medford native Josie Penza, (right), a 30-year gymnastic veteran, shown here spotting Ashley Penza, 9, (left) and Joseph Penza, 6, (middle) on the balance beam, will be teaching gymnastics at the newly opened Saugus Gymnastics Center, 493 Lincoln Avenue, Cliffdendale Square, Saugus.

Penza opens Saugus Gymnastics Center

Family Matters is an important concept when it comes to teaching gymnastics at the newly opened Saugus Gymnastics Center, 493 Lincoln Avenue, Cliffdendale Square, Saugus.

"It will be a family run business," said Josie Penza. "My three children have been raised in a gymnastics environment all their lives and they also like to help out and demonstrate in class. All head teachers will be certified with teaching degrees. Along with additional junior staff assisting to make teacher ratios very low that means lots of individualized attention per student, and as a parent I like when my child gets lots of instructional time."

Jose Penza is a graduate of the 1977 Medford High School's Girls State Championship gymnastics team, and earned a full scholarship to the University of New Hampshire. She graduated from UNH, in 1982 as an ECAC National, Division I, gymnastics champion with a physical education

and health degree. Penza has been teaching physical education and coaching since, and there is nothing stopping her now.

She not only brings more than 30 years of teaching experience to her program, she has an abundance of endless energy and knowledge. She hopes to build a strong gymnastics program in Saugus and its surrounding communities, and develop a successful feeder program for children.

"I hope to teach proper technique," said Penza. "So no matter what my students go into; gymnastics, cheerleading, tumbling or even martial arts, they will have great basics and good mechanics. This is the key to a successful and safe program, especially today where many children are looking inot cheerleading and tumbling programs. Safety is crucial.

"It has been a life-long dream

to own my own gymnastics school, and I now have the opportunity to make my dream come true," she added. "I love children and I love gymnastics, and that is a winning combination. Of course, there is not getting around dedication, commitment and hard work and I hope that my program will bring opportunity for the children in Saugus and the surrounding cities and towns to participate in a successful and safe program that all can be proud of."

Penza is also planning a gymnastic class for adaptive and physically challenged students interested in learning gymnastics, along with various traditional; infant, toddler and preschool age classes. Tumbling, dance and gymnastics classes are also offered for ages 6-18. For information, call Saugus Gymnastics Center at 781-241-7450.