

# Business

## Let's get ready to tumble

### Gymnastics center will open in Rocky Point

By Ann Gustafson

ROCKY POINT — In the space that once saw Knights of Columbus members shammying to old school dance tunes, there will be gymnasts training for the Junior Olympics and preschoolers learning the ins and outs of gymnastics.

Knights of Columbus Corporation 5814 — the local chapter based in Rocky Point — said her building at the Rocky Point building that has housed them since 1982, and the group is renting out the space to the Gold Medal Gymnastics Center, which will open its doors at the end of March.

"We've had a lot of parents asking us to come to Rocky Point," said Al Notarnicola, owner of the gymnastics center. "We wanted to come here because there was no facility of this size for serious gymnasts and cheerleaders."

Though the 10,000 square foot center now has hopes of dirt surrounding a massive hole in the middle of the floor, it will soon be filled with everyone from tumbling teenagers training for the Junior Olympics to preschoolers learning the ins and outs of gymnastics.

The center will offer gymnastics and cheerleading programs for boys and girls ages 15 months to students in high school. Students may choose to join the center's gymnastics and cheerleading teams, gaining the opportunity to travel all over the country for competitions and compete in the Junior Olympics.

Mr. Notarnicola is opening the gymnastics center with his business partner Dorree Colombo, a Corran native and Longwood High School graduate. The two also opened a gymnastics center in Cotuit in 2004, and Mr. Notarnicola opened a center in Huntington in 1994.

Both are accomplished gymnasts and coaches, and they said their students often go on to become the same. Many "graduates" try out for the Olympics or receive gymnastics scholarships



Gold Medal Gymnastics Center owner Al Notarnicola, left, and Vivvy Magglio, president of the Knights of Columbus 5814 Corporation, stand in front of what will soon be a gymnastics and cheerleading center in Rocky Point. Rocky Point KOC is turning the building out to the new business.

providing full rides to universities.

Jimmy Marshall also currently teaches at the gymnastics centers, and the former NCAA national champion will work with students in Rocky Point as well. Cheerleaders practicing at the center will also have top-notch instruction, Mr. Notarnicola said.

"They're coached by national cham-

py — or as much as 20 hours. But no matter what a child's skill level, the teachers said gymnastics and cheerleading help vault children to a new level of self-esteem and fitness.

"It teaches them goal-setting and teamwork," Mr. Notarnicola said. "It develops preschoolers' listening skills and gross motor skills. Parents love it for them because it keeps them occupied and out of trouble."

The center will also host classes for children with special needs, such as those with autism or Down Syndrome. Ms. Colombo said a highlight of their centers is the fitness classes for students, which emphasizes a holistic approach to healthy living.

"We've partnered with local pediatricians and we're doing a fitness class — a combination of fitness, gymnastics, health and nutrition," Ms. Colombo said.

"It's an effort to get involved with the prevention and intervention of childhood obesity since there's been such a huge obesity epidemic for children across the nation."

Knights of Columbus Grand Knight Joe Daly said his organization decided to move from what is now the gymnastics center to a smaller, 4,000-square-foot building near the rear of their former home to save money.

"Our tax bill was getting quite high," Mr. Daly said. "...In renting out the building, it makes us able to use our money for charity instead of maintaining the whole building."

Knights of Columbus is a Catholic fraternal service organization, and the president of Corporation 5814 and the group donates money and services to local churches and works with community members and groups town-wide.

Though the Knights of Columbus won't have the large dance floor they once did at their old building, president Vivvy Magglio said they are happy to remain in Rocky Point.

"Knights of Columbus is a staple in Rocky Point," Mr. Magglio said. "It's a great organization, a worldwide organization."

**'It teaches them goal-setting and teamwork.'**

Al Notarnicola