



# STRETCH YOUR LIMITS

## SALEM FAMILY YMCA GYMNASTICS

Our youth gymnastics program is for boys and girls who will have the opportunity to learn skills on floor, balance beam, and uneven bars. **No tryouts or experience required.**

**AGES:** Beginner: 5– 12 years old.

Intermediate and Advanced: 5-12 year old's who want to build on their basic skills learned from previous classes.

**WHEN:** Registration is open!

Monthly Sessions September 2018 - December, 2018

Beginner: Mondays 5:00 - 6:30PM

Intermediate: Fridays 4:15 - 5:45PM

Advanced: Fridays 6:00 - 7:30PM

\*Practice times are subject to change

**WHERE:** Salem Family YMCA Mat Room

**REGISTRATION FEE:** \$30 Member | \$60 Non-Member

Financial assistance is available; please call for more information.