



# 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:

Micro: 3-5 years old.

Beginner: 5- 12 years old.

Intermediate and Advanced: 6-12 year olds who want to build on their basic skills learned from previous classes.

### WHEN:

Monthly Session Dates: September 2018 - May 2019

Micro: 45 minute classes on Saturdays at 11AM, 12PM, or 1PM

Beginner: Saturday 1:00- 2:30 PM

Intermediate: Saturday 1:00- 2:30 PM

Advanced: Friday 4:15 - 5:45 PM

### WHERE:

Practices will be held on the third floor, in the mat room, in the Salem Family YMCA

### REGISTRATION FEE:

Beginner, Intermediate, Advanced: \$30 Member | \$60 Non-Member

Micro: \$25 Member | \$35 Non-Member

Financial assistance is available; please stop by or call for more information.