



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUT SOME FLEXIBILITY IN YOUR CHILD'S SCHEDULE

Do your kids love gymnastics? Have they ever tried it? We currently offer classes for three different age groups. Sign them up today and help them build flexibility and balance for a lifetime!

TUMBLE TOTS: 3-5 year olds learn basic tumbling skills as well as agility exercises to strengthen muscles. 1 class per week: YMCA Members \$20; Potential Members \$30 per month. 2 classes per week: YMCA Members \$30 Potential Members \$50 per month.

Tuesdays 5:30-6:15 pm
Friday 6:30-7:15 pm
Saturday 11-11:45 am

SHOOTING STARS: 6-8 year olds learn beginner and intermediate gymnast skills such as backbends, handstands, flips and more. 1 class per week: YMCA Members \$25; Potential Members \$35 per month. 2 classes per week: YMCA Members \$40 Potential Members \$60 per month.

Wednesdays 4:30-5:30 pm
Friday 5:30- 6:30 pm

TWISTERS: 9-12 year old learn intermediate to advanced gymnastics skills. YMCA Members \$25; Potential Members \$35 per month.

Saturdays 9-10 am

\$5 late fee for all programs after the 15th of each month.

ALEXANDER COUNTY YMCA
260 Black Oak Ridge Road
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