

JOIN IN ON THE FUN!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Space is Limited, Register Now!!

Classes begin January 7th.

Registration deadline is January 6th.
Register online or at the membership
desk.

For more information, contact
Stacey Kohler, Program Director at
skohler@springfield-ymca.org or
(937) 323-3781.

FUN & FUNDAMENTALS

Ages 18 months to 3 years
Friday, 10:00am-10:30am
(NM \$48 / M \$ 24) for 7 weeks

This high energy class works on developing gross motor skills, coordination, balance and body control, while encouraging confidence and social interaction. The group works on taking turns and sharing, as well as learning opposites associated with actions, such as up and down, over and under, in and out, etc.



PROGRESSIVE GYMNASTICS

3-12 years old, (NM \$64 / M \$32) for 7 weeks

Beginner: This class is an introduction to gymnastics exercises and gymnastics techniques, including basic body movements, form and terminology.

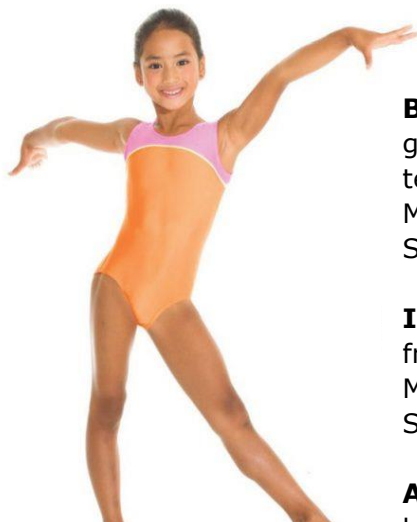
Monday, 5:30pm-6:15pm or
Saturday 9:00am-9:45am

Intermediate: This class is for participants that have mastered a front and back roll, handstand, and cartwheel without a spot.

Monday, 6:30pm-7:15pm or
Saturday 10:00am-10:45am

Advanced: This class is for participants that can do a round off, back bend kick over, front limber, and back roll to push up.

Saturday, 11:00am-11:45am



SPRINGFIELD FAMILY YMCA
300 S. Limestone St.
Springfield, OH 45505
www.springfield-ymca.org