

REGISTRATION ON NOW for boys and girls (ages 5 and up)



YMCA Sudbury Saltos Gymnastics Club Invites you to join us for our new season:

- **RECREATIONAL GYMNASTICS**
- **BOYS AND GIRLS PRE-COMP &
COMPETITIVE GYMNASTICS**

Everyone is welcome at the YMCA! We offer a fun, safe atmosphere for gymnasts to develop and practice their skills. Whether you want to stay active and fit, develop core strength and flexibility for other sports, or achieve your dream of competing on a gymnastics team, you'll find the right classes for your goals.

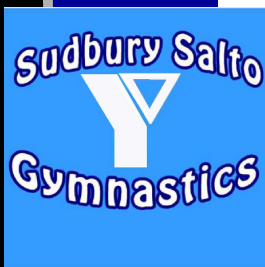
Discover the benefits of gymnastics:

- Develop coordination, flexibility, strength and power
- Gain self-esteem and confidence
- Develop skills to enhance other sports
- Have fun and make new friends!

Experience:

Girls: Bars, Beam, Floor, Vault and Dance!

Boys: Parallel Bars, Floor, Mushroom, High Bar, Rings and Vault!



For more information on this affordable program contact Andrew Jones, YMCA Youth Program Manager at 673-9136 ext. 2142 or visit us at 140 Durham Street. Check out our website at: www.sudburysaltos.com.