



**THIS ISN'T
JUST
GYMNASTICS
THIS IS
BUILDING
CONFIDENCE**

The Y.™ For a better us.



GYMNASTICS ROCKY MOUNT YMCA

Our gymnastics program incorporates tumbling, gymnastics and acrobatic maneuvers. Students will learn basic skills and equipment including the balance beam, springboard, and horizontal bar.

WINTER SESSION

\$90 for Members, \$110 for non-members. Register at the Front Desk.

SCHEDULE

Wednesdays, March 25th—May 20th

- Ages 5-10 yrs: 5:30-6:15 in Gym

Rocky Mount YMCA
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622
www.franklincountyyymca.org

