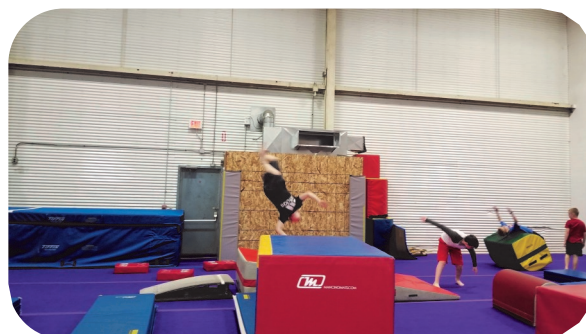




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLIP FOR FUN

NINJA WARRIOR/PSEUDO PARKOUR GYMNASTICS



The youth student will be introduced to active, dynamic and static stretching, as well as conditioning, strength training and flexibility in the gymnastics environment. The 90 minute class will also consist of use of the gym apparatus: rings, 25 foot ropes, uneven bars, balance beams, vault and spring floor (along with a multitude of blocks and mats) for tumbling and ninja/parkour skills. "Splat 101 training", flipping, climbing, obstacle courses and more are taught in an environment where not only it is safe to fall, but the student is taught how to fall safely.

YOUTH: (Ages 7 –13)	Thursdays 6:30– 8:00 p.m. Fall Session I : September 6 – October 18, 2018 Fall Session II: November 1– December 13, 2018
PRE-TEEN/TEEN: (Ages 11 –17)	Fridays 7:00 – 8:30 p.m. Fall Session I : September 7 – October 19, 2018 Fall Session II: November 2– December 14, 2018
FEE:	Full Member \$80* Program Member \$110*

*Early registration price. Add \$10 if you sign up after early registration period. Register at the Meriden YMCA 110 West Main Street. Lessons are held at 74 Cambridge Street.