

Gymnastics Classes *by High Flyers*

Recreational Girls and Boys, Ages 3-14



Discover gymnastics at the YMCA! Gymnastics helps children learn how to control and respect their bodies, and gain self-confidence and a healthy self-esteem. Our recreational, non-competitive program incorporates strength, flexibility, speed, balance, coordination, power and discipline, and builds a foundation for all sports.

But mostly, gymnastics is FUN! Our certified, knowledgeable instructors will guide your children through learning gymnastics fundamentals and basic skills in a positive, safe environment. Our teacher-student ratio is 6:1. Sign up today – space is limited! *No YMCA Membership required.*

Age Group	Thursdays	Fridays (new)	Saturdays
3-4 Year Old Coed	3:45–4:30 PM	5:00–5:45 PM	8:00-8:45 AM (new) 8:45–9:30 AM
5-6 Year Old Coed	4:30–5:15 PM	5:45-6:30 PM	9:30–10:15 AM
7+ Girls	5:15–6:15 PM	6:30-7:30 PM	10:15–11:15 AM
7+ Boys	6:15–7:15 PM	7:30-8:30 PM	10:15–11:15 AM

Fall session starts August 20th

Cost: \$80 per 8 week session (45 min per wk)

\$90 per 8 week session (1 hr per wk)

Return to: High Flyers Gymnastics, POB 1473, Los Alamos, NM 87544

Class Registration Request

Student Name _____

Age _____ Gender M F Birth Date _____ School _____

Parents Name _____

Address _____

Phone _____ Email _____

_____ Thursday Class

_____ Friday Class

_____ Saturday Class

Annual Registration Fee \$20