



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS PROGRESSION CLASSES

LAKELAND HILLS FAMILY YMCA

*OPEN TO THE COMMUNITY*

## TUCK, TUMBLE & JUMP

- Ages 3-4 years
- Beginning level gymnastics intro
- Mondays 12:30-1:00pm
- Tuesdays 4:00-4:30pm
- Saturdays 9:15-9:45am
- Attend 1, 2 or 3x per week; fees vary

## BEGINNER GYMNASTICS

- Ages 4-5 years
- Saturdays 9:15-10:00am
- \$58 members/\$87 non-members

## GYMNASTICS

- Ages 6+ years
- Beginner to intermediate levels
- Saturdays 10:00-11:00am
- \$72 members/\$108 non-members

## CHEER & TUMBLING

- Ages 6+ years
- Tuesdays 4:30-5:15pm
- \$68 members/\$102 non-members

## CONTACT

Dave Nunez: [Daven@Lhymca.com](mailto:Daven@Lhymca.com)

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

LITTLE  
GYMNASTS  
CAN DO  
**BIG**  
THINGS!



19FLI YPETTJ  
19FL1 YPEBEGGYM  
19FL1 YPEGYM  
19FLI YPECHEER