



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE THAN A SPORT!

GYMNASTICS

Gymnastics is one of the most comprehensive lifestyle exercise programs available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline. Your child can participate in gymnastics or gymnastics related activities such as dance, tumbling or cheer at our Santee, La Mesa and Rancho San Diego locations!

- Gymnastics classes available for boys & girls walking to 18 years old! You pick the day and time that works best with your busy schedule!
- All YMCA instructors are certified in CPR/First Aid - many with years of gymnastics experience.
- The Y offers over 25 years of teaching gymnastics in the East County community.
- Financial assistance available to families who qualify.
- At the Y, we change lives for the better. We view our programs and services as a means to a greater end because nurturing the potential of kids is fundamental to strengthening our community.



CAMERON FAMILY YMCA

10123 Riverwalk Drive, Santee, CA 92071 (619) 449 9622

MCGRATH FAMILY YMCA

12006 Campo Road, Spring Valley, CA 91978 (619) 462 9622

JOHN A. DAVIS FAMILY YMCA

8881 Dallas Street, La Mesa, CA 91942 (619) 4649622

www.eastcounty.ymca.org



BRING THIS COUPON AT TIME OF
REGISTRATION AND RECEIVE

\$10.00 OFF

New enrollments only. One coupon per family. Not redeemable for cash and may not be combined with any other discount offer.

Expires: 1/31/12



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SHOW OFF YOUR MOVES

DANCE

Participate in the Y's exciting and fun dance program! Studies show that learning dance is one of the best ways to sharpen cognitive skills, stay fit and improve learning (great for mathematics and learning). The Y provides a nurturing environment where children will learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity, and balance. Our teachers are highly qualified and care about the development of the whole person-mind, body, spirit- through dance. Enroll today!

CLASSES AVAILABLE AT THE CAMERON FACILITY (SANTEE)

- Preschool intro to Ballet/Tap & Jazz (ages 2 1/2 - 3 1/2)
- Preschool Ballet/Tap & Jazz (ages 3 1/2 - 5)
- Ballet/Jazz (ages 3 1/2 - 5)
- Ballet/Tap/Jazz (ages 5 1/2 - 9)
- Ballet (ages 4-5)
- Hip/Hop (ages 6-9)

CLASSES AVAILABLE AT THE JOHN A. DAVIS FACILITY (LA MESA)

- Preschool Ballet/Tap & Jazz (ages 3 1/2 - 5)
- Hip/Hop (ages 6-11)

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CLASSES AVAILABLE AT THE MCGRATH FACILITY (RANCHO SD)

- Preschool intro to Ballet/Tap & Jazz (ages 2 1/2 - 3 1/2)
- Preschool Ballet/Tap & Jazz (ages 3 1/2 - 5)
- Ballet/Jazz (ages 3 1/2 - 5)
- Ballet/Tap/Jazz (ages 5 1/2 - 9)
- Hip/Hop (ages 6-9)
- Jazz (ages 4-5)

