



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IF YOU DON'T USE IT YOU LOSE IT

## Adult Gymnastics

Our adult gymnastics and tumbling class will be fun and challenging for any adult who wants to experience an exciting way to exercise. We will incorporate balance, flexibility, stretching and strength, while both maintaining and enhancing your gymnastics abilities.

We are offering a \$10 drop-in special to gauge interest in starting a weekly class beginning in October. In-house and online registration is open now for our two September class options!

When: Monday, Sept. 19 and 26  
from 6:00 - 7:00 p.m.

Cost: \$10 per class

Contact: Gymnastics Director,  
Jodi West:

[JWest@ymcasumter.org](mailto:JWest@ymcasumter.org)

803-774-2350



   SUMTER FAMILY YMCA 220 Pine Street, Sumter, SC 29150  
803-774-2350 [ymcasumter.org](http://ymcasumter.org)

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.  
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.