

Gymnastics Open House & Fun Day August 10th at Toby Wells YMCA

The gymnastics program at the Toby Wells YMCA, a satellite location of the Mission Valley YMCA that serves Tierrasanta/Murphy Canyon, Serra Mesa and Kearny Mesa, is hosting a Gymnastics Open House & Fun Day on August 10th at 5105 Overland Drive, just off Clairemont Mesa Blvd. between I-15 and State Route 163.

Activities will include a Marshmallow Pit, an Astro-Jump, obstacle course and the traditional gymnastics events like the vault, beam, parallel and uneven bars and floor exercises. All activities will be supervised by trained staff.

Admission is \$5 per child, and registration is required.

In addition to these activities, staff will be on hand to answer

questions about more than 100 available gymnastics classes including Acrobatics, Cheer/Tumbling, Boys & Girls Competitive Teams, skill-based Progressives classes, Preschool age classes and adult gym.

The gymnastics program at Toby Wells YMCA already serves more than 1500 youth year-round, including more than 1000 students from Hancock Elementary School in Murphy Canyon, and Angier Elementary in Serra Mesa, who receive free gymnastics lessons during the school day through a physical education program funded by the Mission Valley and Toby Wells YMCAs. Participants have shown vast ability in agility, flexibility and muscle development, all while meeting new friends and having fun.

To sign up for the Gymnastics Open House & Fun Day or to learn more about the gymnastics program, call the Toby Wells YMCA at 858-496-9622 or email Susie McGuffin, Gymnastics Director, at smcguffin@ymca.org

You may also visit their website at www.mission-valley.ymca.org for updated schedules, class offerings and more.

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Tierrasanta Times

THE COMMUNITY SERVICE NEWSPAPER SERVING TIERRASANTAMURPHY CANYON RESIDENTS SINCE 1977
VOLUME XXXII - NUMBER 10 - JULY 31, 2008 - PO BOX 420727 SAN DIEGO CA 92142-0727 - 858-292-1037 - DISPLAY ADS 858-560-7255
Co-Publisher & Editor - Deanna Spehn Co-Publisher & Associate Editor - Celeste Weinsheim

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