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FOR HEALTHY LIVING
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BUILDING BRIGHT STARS

JOEY AND ME/LEAVING THE POUCH GYMNASTICS FOR AGE 6 – 24 MONTHS



Our Joey and Me Class is a parent-assisted class which is designed to acclimate your infant or toddler to the gym, the feel of the equipment, allow them to explore the gym space with guidance, and provide social interaction with other children and adults. This class teaches the parents how to properly guide the child in a safe manner. As the child progresses in age, more structure is added, allowing the child to become comfortable and able to transition to a class alone.

Our Leaving the Pouch Class is a parent-assisted class which is designed to help your child work on basic locomotives, balance, and hand-eye coordination as they explore the gym and equipment with guidance. Plus your child will benefit from social interaction with other children and adults. As the child progresses in age, more structure is added, allowing the child to become comfortable and able to transition to a class alone.

DAY/TIME: Saturdays 9:00 – 9:45 AM

DATES: January – February 13, 2021

FEES: Full Member \$70 Program Member \$99

REGISTER: Register at the Meriden YMCA at 110 West Main Street or if your child has an up to date membership, you may register online at meridenymca.org or over the phone at 203.235.6386.

LOCATION: Classes are held at the Meriden YMCA Athletic Center at 74 Cambridge Street in Meriden.

MORE INFO: Visit meridenymca.org or contact Tony Cortright at acortright@meridenymca.org.

MERIDEN YMCA
110 West Main Street
Meriden CT 06451
203 235 6386
www.nbbymca.org

NEW BRITAIN YMCA
50 High Street
New Britain CT 06051
860 229 3787
www.nbbymca.org

BERLIN YMCA
362 Main Street
Berlin CT 06037
860 357 2717
www.meridenymca.org