

# LEARN PLAY GROW



## GYM AND LEARN YMCA OF FREDERICK COUNTY

**REGISTRATION IS OPEN! SPACE IS LIMITED!**

Gym and Learn is a gymnastics based twice weekly program geared toward preparing our three year old participants for future preschool programs. Our key focus is integrating beginning gymnastics skills and movement with preschool fundamentals in an enriched environment.

**When: Tuesdays & Thursdays from 9:15-11:00AM**  
**Our program will operate beginning September 4th through early June.**

**Where: Y Warehouse (26 E 9th St)**  
**Note: Parking for the Y Warehouse is available on 8th St.**

**11:00am Open Gym directly after class.**  
**(Parents MUST be present)**

**Cost per 8 week session for Members/Non-Members ..... \$188/228**  
**(Participants in this program may also attend ONE Preschool Gymnastics Open Gym per week at no extra cost)**

**Questions?** Contact Jean Miller, Gymnastics Supervisor, at 301-663-5131 ext. 1271 or [jmiller@frederickymca.org](mailto:jmiller@frederickymca.org).



[frederickymca.org](http://frederickymca.org)

**DOWNTOWN Y**  
1000 North Market Street  
Frederick, MD 21701  
301-663-5131