



## **NEWS RELEASE**

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**For Immediate Release**

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### **ALL SORTS OF GYMNASTICS AT THE YMCA!**

Warsaw, IN – The **Kosciusko Community YMCA** will be offering several opportunities for all ages to get involved with gymnastics this fall. For high school girls trying out for the high school gymnastics team, the YMCA will have a high school gymnastics open gym for extra training. It will begin on September 9<sup>th</sup> and run through October 28<sup>th</sup> on Wednesday evenings 7:00-9:00 p.m. For adults, 18 years of age and up, there will be an Adult Gymnastics Clinic on September 12<sup>th</sup>, 10:30 a.m.- 12:00 p.m. This clinic will be for adults of all skill levels; it's even a chance for beginners to give gymnastics a try. The Kosciusko Community YMCA will also offer an opportunity for children to participate in gymnastics on September 12, 2009, National Gymnastics Day. YMCA Program Director Tonya Welsh says, "This is a great opportunity for boys and girls to participate in gymnastics and to see if this is a sport they would like to try." Kids will have fun tumbling, swinging, balancing and jumping from 1:00-2:30 p.m. on that Saturday.

Sign up today at the YMCA Welcome Center or online at [www.kcymca.org](http://www.kcymca.org) or contact Tonya Welsh at 574-269-9622 with any questions.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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