



# Open Gym

(In the Gymnastics Center)

**Mondays and Wednesdays**

**3:00 p.m.- 4:00 p.m.**

**Members: \$8 per hour**

**Non-Members: \$10 per hour**

Open Gym is for athletes who wish to use the facility to practice skills, routines, tumbling, training, etc.

This unstructured time will be supervised by a qualified staff member who will spot, correct, and encourage athletes as needed.

*For questions contact Andrew Kelly, Program Director at 508-947-1390 x35 or email [akelly@oldcolonyymca.org](mailto:akelly@oldcolonyymca.org)*



**Old Colony YMCA**

*We build strong kids, strong families, strong communities.*

Middleboro Branch / 61 East Grove St. / Middleboro, MA / [www.oldcolonyymca.org](http://www.oldcolonyymca.org)