



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Buehler YMCA

# COME JOIN THE FUN!

## Gymnastics BIRTHDAY Parties at the Y

**The perfect place to host your child's birthday party!**

Buehler YMCA offers Gymnastics Birthday Parties for ages 3-12. Each two hour party includes 1 hr of Gymnastics instruction that includes the following:

- Stretching and Positions
- Obstacle Course Warm Up
- Gymnastics Instruction on Vault, Bars, Beam and Floor
- Gymnastics Games
- Time for group/individual photos on Gymnastics equipment

For more information, visit [buehlerymca.org](http://buehlerymca.org) or call Helen Patterson, Gymnastics Director, at (847) 410-5213.