

BALANCE TIME

Log Rolling at the Y



Come and try something new and FUN in our pool. Log rolling helps improve balance, agility and concentration, all while having a good time. This 45-minute class will follow a structured lesson plan to increase skills and development. Classes open to ages 6- 16 years.

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Classes at Aspirus Branch:

Sunday Classes:

11:00 am (Level 1)

12:00 pm (Level 2)

1:00 pm (Level 3)

Fall Sessions:

Sept. 4- Oct. 20

Oct. 29- Dec. 15

Fees:

Members.....\$25

Non-Members.....\$38



This is not a Wausau School District sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.