



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakewood-Trumbull YMCA – *LEVEL 4-8* SUNDAY, FEBRUARY 10TH

GYM INFO *Please google or Mapquest for Directions*

Gym Name: Lakewood-Trumbull YMCA
Gym Address: 20 Trefoil Drive, Trumbull CT 06611
Gym Phone: 203 445 9633

COMPETITION INFO

Sunday, February 10th

Session I - Level 4-8

Open Stretch	12:00pm
Open Warm-Up	12:15pm
March in	1:30pm

Spectators can enjoy our bleachers. Bring seat cushions for added comfort

Our gymnastics parents club will have a concession stand available for spectators

Remember to pack/wear your uniform and bring a gymnastics bag. Please arrive a ½ hour before official stretch time. Please pack a dry, healthy snack and a secure water bottle.

GOOD LUCK GENTLEMEN!

LAKEWOOD-TRUMBULL YMCA
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