



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CALLING ALL RUSTY HINGES...  
LAND AHOY!**

# **RUSTY HINGES ON LAND**

WAS DEVELOPED TO COMPLIMENT YOUR  
RUSTY HINGES AQUATICS PROGRAM.

**FEEL STRONGER AND MORE AGILE IN THE POOL!**

**THURSDAYS 8 – 8:55a  
BEGINNING JAN. 5<sup>TH</sup>**

**FREE TO ALL Y MEMBERS!  
NO REGISTRATION REQUIRED**

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