

City of Vacaville

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FOR IMMEDIATE RELEASE
Thursday, August 02, 2007
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TUMBLE OVER TO NATIONAL GYMNASTICS DAY THIS SATURDAY

Vacaville Gymnastics will be hosting its first National Gymnastics Day Celebration from 10 a.m. to 2 p.m. on Saturday, August 4, 2007 at the Gymnastics Center located inside the Vacaville Skate Center at 551 Davis St.

Guests will be able to participate in a full gymnastics facility circuit. Cooking projects are scheduled every half hour beginning at 10:45 a.m., along with junk food comparison demonstrations every hour beginning at 11 a.m.

The celebration, free and open to the public, will include games every half hour beginning at 10:30 a.m., fitness testing and a variety of tips for the whole family on how to stay healthy and active. Kids can also try their hand at a fun tumble-a-thon – a perfect opportunity to see if a gymnastics program might be good for your kids! For more information, please call 449-6079.

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