

Gymnastics

(Preschool, Youth, Teen)

Directorext. 135

The year-round gymnastics program serves children of all ages and abilities. Our Facility is dedicated exclusively to gymnastics and includes an 8,000 square feet air-conditioned gymnasium with spring floor, trampoline, overhead spotting belts and 40 foot Tumbletrack. The program stresses safety and fun, with opportunities for all to participate-from youngest to oldest. We are a member of USA Gymnastics.

Please be sure to obtain correct gymnastics registration forms from the Front Desk or the Gymnastics Office. USAG waiver required for participation in all gymnastics programs.

- (A) = **A gym** (enter 3rd floor/double doors near water fountain)
- (B) = **B gym** (enter 3rd floor near Peace Site)

Staff availability may affect class status. Minor changes are possible.

- No strollers or infant carriers are allowed in the gym.
- We do not offer make-up classes for any of the drop off programs or for occasional absences.
- 2 make-ups are allowed for the Parent & Tot groups ONLY. You must call the gymnastics office to arrange.
- Cancellations due to inclement weather are not automatically scheduled for make-ups or issued credit to participant.



Registration for current participants starts Monday, June 6, 2011.

Open registration for new students starts June 13, 2011.

Registration for Groups (YW Starz, Talent Group) will begin on Monday, August 15, 2011.

Fall Session: September 12, 2011 - January 21, 2012

Fall No Class Dates:

Mondays	10/10	12/19	12/26	1/16
Tuesdays	11/8	12/20	12/27	
Wednesdays	11/23	12/21	12/28	
Thursdays	11/24	12/22	12/29	
Fridays	11/11	11/25	12/23	12/30
Saturdays	11/26	12/24	12/31	

Spring Registration 2012

Currently enrolled students who wish to switch days/times (depending on availability): January 3-8, 2012.

Open registration starts January 9, 2012.

Spring Session: January 30, 2012 - June 2, 2012

Spring No Class Dates:

Mondays	2/20	4/9	5/28	
Tuesdays	2/21	4/10		
Wednesdays		4/11		
Thursdays		4/12		
Fridays	2/17	4/6	4/13	5/25
Saturdays	2/18	4/7	4/14	5/26

Summer Gymnastics Program

5-week program beginning June 25, 2012
One-week sessions; Mon - Fri 9AM-4PM

Registration remains open each term until all spaces are filled.

Registration for all Teams (Pre Team and Levels 4-8) will take place after Labor Day.

> Pre-school Gymnastics

Co-ed, ages 2-5

Children learn the basics of movement, group dynamics and beginning gymnastics. The program emphasizes real gymnastics exercises based on the Olympic events.

Please note: Participants in Parent & Tot classes must have an adult with them at all times to assist their child in class. Only children enrolled in the gymnastics program are allowed in the gym during class time. These classes are designed for a 1:1 ratio of parent to child.

Parent/Tot ratio: 7:1
Pre-school ratio: 5:1

Preschool Fall 2011 Fees:

Thurs \$360
Tues, Wed, Sat \$395

Preschool Spring 2012 Fees:

Thurs \$405
Tues, Wed \$435
Sat \$375

Dress Code and Age Requirements

Dress in sweats, shorts, t-shirt or leotard. Bare feet, hair tied up, no jewelry. Unless otherwise noted, children must have turned the designated ages by September 2011.

Birth certificates are required for proof of minimum age for all 2 and 3 year old groups. Leotards are available to purchase through the Gymnastics Office.

> Parent & Tot

2-3 years with parent - Birth certificate required. Age as of September 2011

(B) Wed	12:50 pm - 1:40 pm	GYW2P2
(A) Thu	9:45 am - 10:30 am	GYH1P2
(B) Sat	10:30 am - 11:15 am	GYS1P2

All of the following classes, age as of September 2011 for the Fall and January 2012 for the Spring.

Preschool Schedule

3-4 years Birth certificate for 3's required.

(A) Tue	12:50 pm - 1:40 pm	GYT2P3
(B) Tue	1:50 pm - 2:40 pm	GYT3P3
(A) Wed	1:50 pm - 2:40 pm	GYW1P3
(B) Thu	9:45am - 10:35 am	GYH1P3
(B) Thu	12:50 pm - 1:40 pm	GYH2P3
(B) Sat	11:30 am - 12:20 am	GYS1P3

4-5 years

(B) Tue	12:50 pm - 1:40 pm	GYT3P4
(A) Tue	1:50 pm - 2:40 pm	GYT2P4
(A) Wed	12:50 pm - 1:40 pm	GYW1P4
(A) Thu	12:50 pm - 1:40 pm	GYH1P4
(A) Sat	10:30 am - 11:20 am	GYS1P4
(A) Sat	11:30 am - 12:20 pm	GYS2P4

> Children's Gymnastics

We offer all Olympic events for girls and boys 5 years and up. Our program is designed to develop sound learning progressions in a safe, friendly atmosphere. Our staff is trained to teach all levels of gymnastic ability. Ratio 7:1.

Girls & Boys Fall 2011 Fees:

Mon, Fri	\$400
Tue, Wed, Thu, Sat	\$435
Teen Class	\$490

Girls & Boys Spring 2012 Fees:

Mon	\$430
Tue, Wed, Thu	\$450
Fri, Sat	\$400
Teen Class	\$520

> Boys & Girls Gymnastics Guide

N* (Novice) Beginner

0-6 months experience and new program participants.

RI (Roller 1) Beginner

Able to perform forward roll, back roll, bridge, cartwheel.

RII (Roller 2) Intermediate

Able to perform handstand forward roll, back hip circle, pullover.

ARI (Archer 1) Advanced

Able to perform back walkover, round-off, mill circle.

ARII (Archer 2) Advanced

Able to perform back handspring (with light spot), front walkover.

> Girls' Schedule by Age

Dress Code: Leotard/ bare feet/ hair tied up/ no jewelry. Leotards are available for purchase through the gymnastics office.

5-6 years

(A) *N, R1	Tue	3:45 pm - 4:45 pm	GYT1G5
(A) *N, R1	Tue	3:45 pm - 4:45 pm	GYT2G5
(B) N, R1	Tue	4:55 pm - 5:55 pm	GYT3G5

(A) *N, R1	Wed	3:45 pm - 4:45 pm	GYW1G5
(A) *N, R1	Wed	4:55 pm - 5:55 pm	GYW2G5

(B) N, R1	Wed	3:45 pm - 4:45 pm	GYW3G5
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(A) N, R1	Thu	3:45 pm - 4:45 pm	GYH1G5
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(B) N, R1	Thu	3:45 pm - 4:45 pm	GYH2G5
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(A) *N, R1	Fri	3:45 pm - 4:45 pm	GYF1G5
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(B) N, R1	Fri	6:30 pm - 7:30pm	GYF2G5
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(B) N, R1	Sat	12:45pm - 1:45 pm	GYS1G5
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*Recommended for Beginner Students

7-9 years

(A) R11, AR1	Mon	3:45 pm - 4:45 pm	GYM1G7
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(A) *R1, R11	Mon	4:55 pm - 6:10 pm	GYM2G7
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(B) *R1, R11	Tue	3:45 pm - 4:45 pm	GYT2G7
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(A) R11, AR1	Tue	4:55 pm - 6:10 pm	GYT1G7
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(B) R11, AR1	Wed	3:45 pm - 4:45 pm	GYW1G7
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(A) R11, AR1	Thu	4:55 pm - 6:10 pm	GYH1G9
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(A) R1, R11	Fri	4:55 pm - 6:10 pm	GYF1G7
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(A) R1, R11	Sat	12:45 pm - 1:45pm	GYS1G7
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*Recommended for Beginner Students

9-10 years; 10 & over; Teen

(A) AR1, AR11	Wed	4:55 pm - 6:10 pm	GYW1G0
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(A) AR1, AR11	Thu	4:55 pm - 6:10 pm	GYH1G9
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(B) Teen	Thu	4:55pm - 6:20pm	GYH1TE
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(B) *R1, R11	Fri	6:30 pm - 7:30 pm	GYF1G9
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(B) R11, AR1	Fri	6:30 pm - 7:30 pm	GYF2G9
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(A) *R1, R11	Sat	12:45 pm - 1:45pm	GYS1G7
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(A) 10+, AR1, ARII	Sat	12:45 pm - 1:45pm	GYS1G0
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*Recommended for Beginner Students

> Boys' Schedule (Boys Dress Code: Snug fitting shorts and t-shirt / bare feet.)

5-7 years

Monday	3:45 pm - 4:45 pm	GYM1B5
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Friday	3:45 pm - 4:45 pm	GYF1B5
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7-10 years

Monday	4:55 pm - 5:55 pm	GYM1B7
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Friday	4:55 pm - 5:55 pm	GYF1B7
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Advanced boys may be eligible for Talent Group and YW Starz by invitation only. Please inquire at the Gymnastics Office.

> Girls By Invitation Only

Fees: YW Starz and Talent Group

1 Day / week	\$515
2 Days / week	\$665
3 Days / week	\$830

YW Starz 2-hour intensive class Ages 7 -11

Monday	4:00pm-6:00pm	GYM1GY
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Wednesday	4:00pm-6:00pm	GYW1GY
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Thursday	4:00pm-6:00pm	GYH1GY
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Talent Group Advanced group Ages 11& up

Monday	6:30pm-8:30pm	GYM1GT
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Tuesday	6:30pm-8:30pm	GYT1GT
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Thursday	6:30pm-8:30pm	GYH1GT
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YWCA Tumblettes - Year Round

Competitive Program. Girls ages 6 & up.

Pre team and Levels 4-9. Participation is by invitation from Head Coach. Children compete in USAG Compulsory and Optional competitions throughout New York State. Call for schedules, times and fees.