

Gymnastics

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Program Highlights

The year-round gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics, includes an 8,000 square foot air-conditioned gymnasium with spring floor, trampoline, BAB system and 40 foot Tumbletrack. The program stresses safety and fun with opportunities for all to participate-from youngest to oldest-in YWCA League and USA Gymnastics sponsored events throughout the year. **Please be sure to obtain correct gymnastics registration forms from the front desk or the gym office. USAG waiver required for participation in all gymnastics programs.**

Registration for **Current Participants**: Monday, June 7, 2010

Open Registration for **New Students**: Monday, June 14, 2010

Registration for **Girls Invitational Groups**: Monday, Aug. 16 (YW Starz and Talent Group)

Registration for all Teams (PT, Levels 4-9): after Labor Day.

Session #1 - Dates: Mon, Sept. 13, 2010 – Sat, Jan. 22, 2011

(A) = A gym (enter 3rd floor/ double doors/near water fountain)

(B) = B gym (enter 3rd floor near Peace Site)

Preschool Gymnastics

Coed, 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. No strollers or infant carriers are allowed in the gym.

Parent/Tot ratio: 7:1

Preschool ratio: 5:1

PreSchool 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 2010. Birth certificates are required for proof of minimum age for all 2 and 3 year old groups.

Leotards are available for purchase through the gymnastics office.

Preschool Schedule

Preschool Fees: Mon, Thurs \$345
Tues, Wed, Sat \$380

2-3 years with parent - Birth certificate required Age as of September 2010

(B)	Wed	12:55 pm - 1:40 pm	GYW2P2
(A)	Thu	9:45 am -10:30 am	GYH1P2
(B)	Sat	9:30 am -10:15 am	GYS2P2
(B)	Sat	10:30 am -11:15 am	GYS1P2

All of the following classes, age as of September 2010 3-4 years / birth certificate required for 3's only.

(B)	Mon	12:50 pm - 1:40 pm	GYM1P3
(A)	Mon	1:50 pm -2:40 pm	GYM2P3
(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

(A)	Mon	12:50 pm - 1:40 pm	GYM2P4
(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

-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.

-Cancellations due to inclement weather are not automatically scheduled for make-ups or issued credit to participant.

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

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 Gymnastics Guide

N* (Novice) **Beginner** - 0-6 months experience and new program participants
R1 (Roller 1) **Beginner** - Should be able to perform forward roll, back roll, bridge, cartwheel.
R11 (Roller 2) **Intermediate** - Should be able to perform handstand forward roll, back hip circle, pullover.
ARI (Archer I) **Advanced** - Should be able to perform back walkover, round off, mill circle.
AR11 (Archer II) **Advanced** - Should be able to perform backhand spring (with light spot), front walkover.

Girls Schedule by age

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

<u>Girl's & Boy's Fees:</u>	Mon, Thurs	\$385
	Tues, Wed, Fri, Sat	\$420
	Teen Class	\$475

5-6 years

(B)	*N, R1	Tue	3:45 pm - 4:45 pm	GYT1G5
(B)	N, R1	Tue	4:55 pm - 5:55 pm	GYT3G5
(A)	*N, R1	Wed	3:45 pm - 4:45 pm	GYW1G5
(B)	N, R1	Wed	4:55 pm - 5:55 pm	GYW2G5
(A)	N, R1	Thu	3:45 pm - 4:45 pm	GYH1G5
(A)	*N, R1	Fri	3:45 pm - 4:45 pm	GYF1G5
(B)	N, R1	Fri	6:30 pm - 7:30 pm	GYF2G5
(B)	N, R1	Sat	12:45pm -1:45 pm	GYS1G5

*Recommended for Beginner Students

7-9 years

(A)	R11, AR1	Mon	3:45 pm - 4:45 pm	GYM1G7
(A)	*R1, R11	Mon	4:55 pm - 6:10 pm	GYM2G7
(A)	*R1, R11	Tue	3:45 pm - 4:45 pm	GYT2G7
(A)	R11, AR1	Tue	4:55 pm - 6:10 pm	GYT1G7
(B)	R11, AR1	Wed	3:45 pm - 4:45 pm	GYW1G7
(B)	AR1, AR11	Thu	3:45 pm - 4:45 pm	GYH1G7
(A)	R1, R11	Fri	4:55 pm - 6:10 pm	GYF1G7
(A)	R1, R11	Sat	12:45 pm -1:45pm	GYS1G7

*Recommended for Beginner Students

9-10+ years

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

*Recommended for Beginner Students

Boy's Schedule

Boys Dress Code: Snug fitting shorts and t-shirt / bare feet.

5-7 years	Monday	3:45 pm - 4:45 pm	GYM1B5
	Friday	3:45 pm - 4:45 pm	GYF1B5

7-10 years*	Monday	4:55 pm - 5:55 pm	GYM1B7
	Friday	4:55 pm - 5:55pm	GYF1B7

***Boys ages 11+ may be eligible for Talent Group by invitation only. Please inquire at Gymnastics office.**

Invitational Groups for Girls

<u>Fees per session:</u>	<u>YW Starz and Talent -</u>	
	1 Day per week:	\$500
	2 Days per week:	\$650
	3 Days per week:	\$815

YW Starz	2-hour intensive class - 7 to 11 years old		
	Monday	4:00 pm - 6:00 pm	GYM1GY
	Wednesday	4:00 pm - 6:00 pm	GYW1GY
	Thursday	4:00 pm - 6:00 pm	GYH1GY

Talent Group	Advanced group - 11 and older		
	Mon	6:30 pm - 8:30 pm	GYM1GT
	Tues	6:30 pm - 8:30 pm	GYT1GT
	Thurs	6:30 pm - 8:30 pm	GYH1GT

No class dates:

Mondays	10/11	12/20	12/27	1/17
Tuesdays	11/2	12/21	12/28	
Wednesdays	11/24	12/22	12/29	
Thursdays	11/11	11/25	12/23	12/30
Fridays	11/26	12/24	12/31	
Saturdays	11/27	12/25	1/1	