

Summer Gymnastics Program

Gymnastics Office.....x135

This year-long gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics. It 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.

Five (5) action-packed weeks of gymnastics fun taught by our marvelous gymnastics instructors and coaches! We teach all of the Olympic Events. Come spend 1, 2, or all 5 weeks with us. There is never a dull moment as we swing on the bars, flip on the trampolines, cartwheel and vault our way to the best summer ever.

Special events all throughout the summer, including "Twin Day", "Stars and Stripes", contests, games, races, swimming, and more.

Can you sing, can you dance, or do you have a special talent? Then you'll love our "Talent Show" that showcases all of the "other" talents of our participants.

We love to tell jokes too, so get ready to laugh your head off during our Comedy Time!

- 5 one-week sessions starting June 25 – July 27.
- Minimum of 2 weeks participation for maximum benefit.
- 9:00am – 3:30pm
- Ages 6 - 15 (Coed)
- Beginner to advanced levels
- 10% discount for 2nd child in same family.
- Balances due Friday, June 1.

Days include: warm-up, morning gymnastic rotations, rest/snack, conditioning, lunch, swim, afternoon gymnastics rotations, special events, dismissal.

Non-refundable deposit: \$50 for each week.

To process registrations, all forms must be completed, including the USA Gymnastics Waiver.

| Monday - Friday | 9:00 am - 3:30 pm | |
|-----------------|-------------------|---------|
| Session 1 | 6/25 – 6/29 | \$450 |
| Session 2 | 7/02 – 7/06 | \$360 |
| Session 3 | 7/09 – 7/13 | \$450 |
| Session 4 | 7/16 – 7/20 | \$450 |
| Session 5 | 7/23 – 7/27 | \$450 |
| All Sessions | 6/25 – 7/27 | \$2,160 |

For more information, visit our website at www.ywcawpcw.org or call the Gymnastics Office at (914) 949-6227 x135.



Aquatics

For Swim School Philosophy & Parent Guidelines see our website.

Aquatics Director.....x110
 Aquatics Office.....x140
 Pool Deck.....x152

Pool Policy

Schedule is available at the front desk or online. Please check the pool office for cancelled and/or added swim and class times. The pool is closed for holidays, swim meets, and for the last two weeks in August. **Pool closed August 20, 2012 - September 3, 2012.**

Pool rules are strictly enforced and are listed on our website.

You **MUST** present your membership card with swim plan sticker or membership card with dip ticket before swimming.

Swim Fees

Regular annual YWCA Program Membership is required to purchase dip tickets and pool passes (with the exception of single day access for \$20).

Dip Ticket (12 Swims)

| | |
|-----------------------------|------|
| Youth (17 and under) | \$40 |
| Adult (18+) | \$50 |
| Senior (55+) | \$40 |

**Discount of 15% for second dip ticket when making a multiple dip ticket purchase.*

| | |
|---------------------------------|------|
| Guest (with a member) | \$10 |
| 1-Day Pass (non-members) | \$20 |

Summer Dip Passes

Pool passes allow access during public swim times. Summer Access is **May 1- August 15** and requires additional YWCA Program membership of \$30 individual/senior fee and \$50 family fee.

| | |
|-------------------------------------|-------|
| Individual/Senior Summer Dip | \$95 |
| Family Summer Dip | \$195 |

Private and Semi-Private Lessons

YWCA Program Membership is required. Lessons are based on availability of instructor and pool space. Call ext. 140 for more information. Private and semi-private fees are based on **1/2 hour** lesson.

Private Lessons

1 Visit Pass: \$45 **5 Visit Passes:** \$210 **10 Visit Passes:** \$400

Semi-Private Lessons

1 Visit Pass: \$65 **5 Visit Passes:** \$310 **10 Visit Passes:** \$600

Middies Private and Semi-Private Lessons

Must be on the YWCA Middies Swim Team. Lessons are based on availability of coach and pool space. Middies private and semi-private fees are based on **1 hour** lesson. Call ext. 110 for more information.

Middies Private Lessons

1 Visit Pass: \$75 **5 Visit Passes:** \$350 **10 Visit Passes:** \$650

Middies Semi-Private Lessons

1 Visit Pass: \$130 **5 Visit Passes:** \$625 **10 Visit Passes:** \$1200

YWCA: eliminating racism...empowering women & girls