

GYMNASTICS AFTERSCHOOL

Our gymnastics afterschool program provides a fun, structured afterschool environment that incorporates physical activity every day for grades K-5th. We offer 1 hour of instructional gymnastics, rock climbing, swimming, mini ninja class, and indoor gym games. The Y provides a FREE SNACK daily for every child. Fun games and other activities will also be a part of the daily instruction as well as homework time and assistance if needed. Cost includes transportation from most schools, all no school days, and the holiday breaks. Registration packets are available at the YMCA front desk and gymnastics office.

Cost: \$245/mbrs/\$295/nonmbrs per month
Program runs August 13, 2018 - May 24, 2019

NO SCHOOL DAY CAMPS

Childcare for Sarasota County no school days

Gymnastics camps are held throughout the school year when schools are closed. No school day camps run just like as our summer camp schedules. Camp runs 7:00am-6:00pm in the gymnastics center. Pre-registration is required prior to attending.

Cost: \$25/day mbrs or \$36/day nonmbrs

See dates below for 2018-2019 school year:

Friday, October 19
Wednesday, November 21
Friday, December 21
Wednesday, December 26 - Friday, December 28
Monday, December 31
Tuesday, January 2 - Friday, January 4
Monday, January 21
Monday, February 18
Friday, March 15
Monday, March 18 - Friday, March 22

BIRTHDAY PARTIES

GYMNASTICS & ROCK WALL PARTIES

Come celebrate your birthday at the Venice YMCA with a gymnastics party. Our birthday parties include a bounce house, trampoline, in-ground foam pit, gymnastics obstacle course, and time in our party room. Rock wall can be added for an additional fee.

- Ages: 3yrs-12yrs
- Each child receives a balloon & goodie bag
- Parties available on Saturdays Only
- Parties are 1 hour and 30 minutes long
- Non-refundable deposit required
- Time slots are 12:00, 2:00, or 4:00pm
- Cost is \$175/mbrs and \$235/nmbrs
- Cost covers up to 12 children



For more party details and availability, call the gymnastics office.

For More Program Information
Please call us directly at
(941) 375-9121 or email
dkotti@veniceymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU'LL FLIP FOR GYMNASTICS

GYMNASTICS BROCHURE
2018-2019 Class Programs
SKY Gymnastics Center
VENICE YMCA



PROGRAM MISSION

YMCA Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. We believe that the sport of gymnastics helps build self confidence and discipline in all areas of life. Regardless of age or skill level, gymnastics improves flexibility, strength, balance, and develops self-esteem.

Preschool Gymnastics

Tumbling Tots– Age 18–36 months

Tots and parents learn along with the help of our instructor to follow directions, develop coordination and gross motor skills, in a fun, social environment. *30 minute class*

Day/time: Tues 9:15, Fri 10:00, Sat 9:15

Lil Tumblers– Age 3–5 years

Children learn to follow directions, coordination and body awareness while being introduced to the basic fundamental skills in gymnastics. *30 minute class*

Day/time: Tues 10:00, 6:00, Thurs 5:00, Fri 9:15, Sat 10:15

Instructional Gymnastics

Kindergym– Age 5–6 years (Kindergarten Only)

Transitioning from preschool to instructional gymnastics, children learn basic gymnastics skills while developing strength and flexibility. *45 minute class*

Day/time: Wed 5:00, Thurs 4:00

Beginners– Grades 1st - 8th

Class instruction is for basic introduction to gymnastics skills on all of the events including tumble track and pit. while progressing at their own pace. *60 minute class*

Day/time: 1st - 3rd grade: Mon 5:00, Tues 4:00, 5:00
4th - 8th grade: Wed 5:15

Intermediate– Grades 1st - 8th

Class designed for gymnasts with prior gymnastics experience, challenging them to learn more advanced skills and technical development. *60 minute class*

Day/time: 1st - 3rd grade: Tues 4:00, 5:00, Thurs 5:30
4th - 8th grade: Tues 6:00

Mini Ninja Class

Mini Ninjas –Grade 1–6th

Open to boys & girls. We offer an obstacle course based class that incorporates basic gymnastics skills, strength and conditioning. Standard gymnastics equipment of bars, rings, trampoline, mats, ropes and ladders. *60 minute class*

Day/time: Thurs 5:00

Boys Only Gymnastics

Instructional– Grades 1st - 5th

Boys will learn all the basic gymnastics skills and technique on floor, vault, and bars with the introduction to pommel horse and rings. *60 minute class*

Day/time: Tues 5:00

Fees & Schedule

Fall Session: August 27 – November 17

Winter Session: November 26 – March 2
(12-week sessions)

30 min class	\$102 mbr / \$132 nmb
45 min class	\$126 mbr / \$156 nmb
60 min class	\$150 mbr / \$180 nmb

Spring Session: March 4 – May 18
(10-week sessions)

30 min class	\$85 mbr / \$110 nmb
45 min class	\$105 mbr / \$130 nmb
60 min class	\$125 mbr / \$150 nmb

A signed waiver and payment in full are required prior to participation in class. Class space is limited so register early to guarantee a spot. Fees will be prorated accordingly after a session starts.

Make-up Policy: Only 2 make-up days per session or 1 Free Open Gym Pass. No refunds for missed classes.

Class Cancellations: We reserve the right to cancel/combine classes that do not meet minimal enrollment.

Discounts: 20% off on second siblings registration fee.

Empire Elite All-Star Cheer Team*

Empire Elite All-Star Cheer offers competitive cheer for girls and boys age 6-18yrs. We also have exhibition teams for Special Needs athletes & Preschoolers ages 3-6yrs. Call our office for information & availability.



Competitive Gymnastics Teams*

USAG & AAU Levels 2-7, Xcel. Team is invitation only. Call our office for information or to schedule an evaluation.



Gymnastics Open Gym

Open to everyone grades K–8th

Join us for fun Friday gymnastics or just practice some of your tumbling skills in a supervised, non-instructional setting. Waivers must be signed by a parent prior to participating. Pizza will be available to purchase at \$2/slice.

Day/time: Fridays 7:00-9:00

Cost: \$15

See dates below for 2018-2019 school year:

September 14	December 14	March 8
September 28	January 11	March 29
October 12	January 25	*April 12
*October 26	February 8	April 26
November 9	February 22	May 10
November 30		

*Special event open gym.