



# SKY FAMILY YMCA GYMNASTICS CENTER PRESCHOOL & INSTRUCTIONAL GYMNASTICS & TUMBLING

August 2019 - May 2020 Classes | One Class Per Week | 8 Week Session

	M	TU	W	TH	F	SA
<b>Tumbling Tots (2-4yrs)</b>					9:30a-10a	9a-9:30a
<b>Lil Tumblers I (3-4yrs)</b>	5:00p-5:30p	9:30a-10a			10a-10:30a	9:30a-10a
<b>Lil Tumblers II (4-5yrs)</b>				6p-6:30	9a-9:30a	10a-10:30
<b>Girls Beginner I</b>	4p-4:45p		5p-5:45p			
<b>Girls Beginner II</b>	5:30p-6:30p	4p-5p				
<b>Girls Beginner III</b>		3:15p-4:15p				
<b>Girls Intermediate I</b>	4p-5p			5p-6p		
<b>Girls Intermediate II</b>		5p-6p		4p-5p		
<b>Girls Advanced (Invite Only)</b>		5p-6:30				
<b>Boys Only I</b>				4:15p-5p		
<b>Boys Only II</b>	5p-6p					
<b>Tumbling – Beginner</b>		4:15p-5p				
<b>Tumbling-Intermediate</b>	6:30p-7:30p					
<b>Acro Gymnastics</b>			5p-6p			
<b>Mini Ninja</b>			4:15p-5p			
<b>Super Ninja</b>	6p-7p					

Prices		
	Member	Non-Member
30 Min Class	\$84	\$112
45 Min Class	\$116	\$140
60 Min Class	\$148	\$172
90 Min Class	\$160	\$184
Private Lesson	\$30/30Min	\$60/60min

## Session Dates

Session 1: August 26-October 19

Session 2: October 21-December 21

Session 3: January 13-March 7

Session 4: March 9-May 9

*(no classes during week of Thanksgiving, Christmas break, Spring break)*



THE SKY FAMILY YMCA 701 Center Rd. Venice, FL 34285

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# REGISTRATION NOW OPEN!



# SKY FAMILY YMCA GYMNASTICS CENTER

## PRESCHOOL & INSTRUCTIONAL GYMNASTICS & TUMBLING

### CLASS DESCRIPTIONS

#### Tumbling Tots

Parent & child class is for toddlers ages 2-4 years old as of August 1, 2019. Parents will be on the floor with their toddler with hands-on interaction during the entire class. Great bonding time with your child! Class is 30 minutes long.

#### Lil Tumblers I and II

Structured class with a warm-up and gymnastics circuits on floor, beam, and bars while learning to follow directions, body awareness, and coordination. Child must be comfortable attending class on their own. I = ages 3-4yrs, II = ages 4-5yrs as of August 1, 2019. Class is 30 minutes long.

#### Girls Beginner I, II and III

Class introduces the basic skills and technique on vault, bars, beam, and floor. Flexibility and strength are also part of the class instruction. I= ages 5-8yrs, II= ages 8-10yrs, III = 11-14yrs as of August 1, 2019. Beginner I class is 45 minutes long. Beginners II-III class is 60 minutes long.

#### Girls Intermediate I and II

Class is for those who have mastered Level 1 skills and technique and demonstrate readiness and strength for more challenging or advanced skills. I= ages 6-10yrs, II= ages 8-12yrs as of August 1, 2019. Class is 60 minutes long.

#### Girls Advanced

Class is for those who have mastered level 2 skills and technique and demonstrate strength and commitment to learn entry level competitive skills. Class is invite only, coach evaluation required. Ages 6 & up as of August 1, 2019. Class is 90 minutes long.

#### Boys Only I and II

Boys class only will learn all the basic gymnastics skills on floor, vault, bars, and rings. Flexibility and strength are also part of the class instruction. I= ages 6-8yrs, class is 45 minutes long, II= ages 9-12yrs as of August 1, 2019, class is 60 minutes long.

#### Mini Ninja & Super Ninja

Boys & Girls learn balance, strength, and agility while running obstacles, swinging from bars and rings, climbing ropes, ladders, and the cargo net. Mini= ages 5-7yrs, class is 45 minutes long, Super= ages 8-11yrs as of August 1, 2019 class is 60 minutes long.

#### Tumbling Beginner

Class introduces the basic tumbling skills like handstands, bridges kick-overs, back-walkovers, front-walkovers, cartwheels, and round offs as well as strength and conditioning. Ages 5-8yrs as of August 1, 2019. Class is 45 minutes long.

#### Tumbling Intermediate

Participant must have all the beginner tumbling skills in order to register for intermediate tumbling and will learn Back handsprings, front handsprings, and round off back handsprings. Ages 9-11yrs as of August 1, 2019. Class is 60 minutes long.

#### Acro Gymnastics

Acro is a combination of gymnastics and acrobatic skills along with strength and balance holds both individually and with partners. Ages 5-12yrs, as of August 1, 2019. Class is 60 minutes.

#### Private Lessons

One-on-one lessons are offered in 30 minute or 1 hour sessions. Contact the office for coach availability. Cost is \$30/ half hour, \$60/ 1 hour.

### FAQ

#### Attire

Leotards are mandatory for girls. No shoes or socks in the gym. Hair must be pulled back for girls. Boys should wear shorts and T-shirt.

#### Class Minimums

If a class has fewer than 3 gymnasts registered, it will be canceled. All participants will be contacted to switch to another class.

#### Make-up classes

Only 2 make-ups or 1 Free Open Gym pass which must be done prior to end of current session. No refunds for missed classes.

#### Refunds

No refunds or credits will be issued after the 2nd week of classes. You are reserving time, space, staffing whether your child attends class or not. The YMCA gymnastics center will not refund session fees unless the class is canceled by the YMCA or the participant is unable to attend due to a medical emergency or special circumstances.

#### Multi-Child Discount

\$20 off the second siblings session registration fee.

#### Open Gym

Open to everyone our Open gym is a supervised, non-instructional setting where participants come and practice gymnastics and tumbling skills, climb the rock wall and cargo net. Pizza available to purchase by the slice. Pre-registration and a signed waiver are required. Ages 6-14 years as of August 1, 2019. Open gym is 2 hours long.