

COVID-19 PROCEDURES

The SKY Family YMCA is following Re-opening Phase 2 procedures. The following steps are being taken to ensure the safety of all our participants and YMCA staff.

- Temperatures MUST be taken from everyone entering our YMCA facility
- Individuals entering the facility are encouraged to wear face masks while in general areas, which includes all lobby waiting or sitting areas
- Hand washing & sanitizing stations will be accessible immediately upon entry. Participants will be asked to sanitize hands upon arrival, during class, and exiting class
- We would prefer you to DROP-OFF your child and return to pick up after the class. *We request the lobby be reserved for parents of very young or new participants at this time*
- Lobby seating will be VERY limited. To adhere to the 6ft social distancing guidelines, viewing area will be marked. Please honor a safe distance of those around you and stay within the designed spaces
- Only 1 adult per participant allowed in the lobby
- Drinking fountains are closed. Participants need to bring their own refillable water bottle
- All YMCA staff MUST wear a face mask at all times while working
- Birthday parties will not be offered at this time

For More Information
Call (941) 492-9622 or
Email: dkotti@veniceymca.org
www.swflymca.org



THE SKY FAMILY YMCA
701 Center Road
Venice, FL 34285
P (941) 492-9622



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FLIPPING FOR FUN

GYMNASTICS BROCHURE
2020-2021 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. Coaches are certified USA Gymnastics instructors.

Preschool Gymnastics

Tumbling Tots– Age 2–4 years as of 8/10/2020

Tots learn with the help of our instructors and their parents to follow directions, develop gross motor skills, improve coordination and balance. 30 minute class

Day/time: Not offered at this time, due to Covid-19 social distancing, sanitizing, and ratio guidelines

Lil Tumblers– Age 3–5 years as of 8/10/2020

Girls and boys learn to develop their balance, coordination, and body awareness while being introduced to the basic fundamental skills in gymnastics. 30 minutes class

Day/time: Monday 6:00-6:30, Thursday 5:30-6:00, Friday 9:15-9:45, Saturday 9:30-10:00

HOT SHOTS–Invite Only Age 3–5 years

Children are hand selected with advanced gymnastics skills and excellent listening skills to focus on upper level skill development. 60 minute class

Day/time: Monday 5:00-6:00

Instructional Gymnastics

Beginners I – Age 5–7 years as of 8/10/2020

Class designed for both girls and boys to learn basic gymnastics skills while gaining strength and flexibility while progressing at their own pace. 45 minute class

Day/time: Monday 4:00-4:45, Thursday 4:00-4:45, 5:00-5:45 or 6:00-6:45

Beginner II– Age 8 –11 years as of 8/10/2020

Same class description as above just older ages for both boys and girls.

Day/time: Monday 5:00-5:45

Intermediate– Age 6–11 years as of 8/10/2020

Class designed for gymnasts with prior gymnastics experience and introducing more advanced skills and technical development. 45 minute class

Day/time: Monday 4:00-4:45, 5:00-5:45, Thursday 6:00-6:45

Advanced– REC Invite Only Age 6–12 years

Class is by invitation only for those class participants who have mastered the intermediate skills on all 4 events. Participants are introduced to competitive level skills and routines. 90 minute class

Day/time: Thursday 4:00-5:30

Advanced– TEAM Invite Only Age 6–14 years

Class is for competitive gymnasts, Level 3 or higher, who no longer want to compete but maintain their competitive skills. 90 minute class

Day/time: Monday 4:00-5:30

Competitive Gymnastics Teams

*Team is by invitation only with a year round commitment. Our competitive teams follow USA Gymnastics rules and guidelines for ability levels 1-5, Xcel Programs. Girls compete in both USAG sanctioned and

<u>Monthly rate:</u>	<u>Member</u>	<u>Non-member</u>
30 minute class	\$48/month	\$60/month
45 minute class	\$62/month	\$74/month
60 minute class	\$76/month	\$88/month
90 minute class	\$92/month	\$104/month

*Sibling Discount: \$10 OFF siblings monthly rate

NEW! Trampoline & Tumbling

Trampoline focused class that introduces proper technique and body awareness on a double-mini trampoline and tumble track. Floor tumbling skills are also part of class instruction. **Socks Required*



T&T I– ages 5–7 years as of 8/10/2020

Class introduces girls and boys to proper jumping skills and technique to learn special awareness on the double mini and tumble tracks as well as beginner tumbling skills on the floor. 45 minute class

Day/time: Monday 5:00-5:45, Thursday 6:00-6:45

T&T II– ages 8–12 years as of 8/10/2020

Same class description as above just for older children both girls and boys. 45 minute class

Day/time: Monday 6:00-6:45, Thursday 5:00-5:45

T&T II– TEAM Invite Only ages 6–12 years

Class is offered to current or past competitive gymnasts who already demonstrate advanced flipping and tumbling skills. 60 minute class

Day/time: Thursday 7:00-8:00

Private Lessons

Open to everyone

Private lessons with a team coach are available one-on-one for 30 or 60 minutes. We also offer small group privates with no more than 3 athletes for 60 minutes. Call for more information and coach availability.

Cost: 30 minutes \$30mbr/ \$40nmbr
60 minutes \$60mbr/ \$70nmbr