

# Y GYMNASTICS

## FOUR-WEEK SESSION FEE:

<b>TUMBLE TIKES</b>	<b>MEMBERS \$33</b>	<b>NON-MEMBERS \$39</b>
<b>PRESCHOOL/M-N-L</b>	<b>MEMBERS \$39</b>	<b>NON-MEMBERS \$45</b>
<b>HOMESCHOOL</b>	<b>MEMBERS \$39</b>	<b>NON-MEMBERS \$45</b>
<b>SCHOOL AGE</b>	<b>MEMBERS \$47</b>	<b>NON-MEMBERS \$53</b>
<b>TUMBLING</b>	<b>MEMBERS \$43</b>	<b>NON-MEMBERS \$53</b>
<b>DANCE TEAM</b>	<b>MEMBERS \$65</b>	<b>NON-MEMBERS \$70</b>
<b>PEE-WEE DANCE TEAM</b>	<b>MEMBERS \$24</b>	<b>NON-MEMBERS \$30</b>
<b>ADULT FIT GYM</b>	<b>MEMBERS \$39</b>	<b>NON-MEMBERS \$45</b>

**10% Second class discount for school age classes: Member \$42, Non-Members \$47**

Physical fitness...  ...through Gymnastics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10-10:45 AM Tumble Tikes		10:15-11:00 AM Preschool Move-N-Learn		9:30-10:40 AM All Levels Rol/Sw/Kip/Fly
	11:00-11:45 AM Preschool Move-N-Learn	12:30-1:15 PM Tumble Tikes	11:00-11:45 AM Tumble Tikes		10-10:30 AM Pee-Wee Dance Team
4:30-5:15 PM Preschool	12:45-1:30 PM Preschool Move-N-Learn	3:45-4:30 PM Preschool	12:30-1:15 PM Home school		10:45-11:30 AM Preschool Move-n-Learn
4:30-5:40 PM All Levels Rol/Sw/Kip/Fly	1:30-2:15 PM Preschool Move-N-Learn	4:30-5:15 PM Preschool	4:15-5:00 PM Jr. Tumbling		
	4:00-4:45 PM Preschool	4:30-5:40 PM All Levels Rol/Sw/Kip/Fly			
5:00-6:00 PM Boys Gymnastics	4-5:10 PM All Levels Rol/Sw/Kip/Fly		4:15-5:25 PM All Levels Rol/Sw/Kip/Fly	4:30-5:45 PM All Levels Rol/Sw/Kip/Fly	
Jr. Varsity & Varsity Dance Team 5:00-6:00 PM	5:15-6:25 PM All Levels Rol/Sw/Kip/Fly	Jr. Varsity & Varsity Dance Team 5:00-6:00 PM	5:30-6:40 PM All Levels Rol/Sw/Kip/Fly		
Preschool 5:45-6:30 PM	5:15-6:15 PM Tumbling	Preschool 5:45-6:30 PM			
	6:30-7:40 PM All Levels Rol/Sw/Kip/Fly				
	6:45-7:30 PM Adult Fit Gym				

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## CLASS DESCRIPTIONS:



### TODDLER/PRESCHOOL PROGRAM

**TUMBLE TIKES:** Ages 18 months-3years \*Parent & Child Class\*

This class consists of a "Fun Gym" environment involving climbing, rolling, jumping and balancing using gymnastics equipment sized just for them! A class supervisor is present to assist with motor skill and coordination development according to the child's age. Parent is responsible for the child during the entire class.

This is a great way to encourage creative movement while having fun and socializing with other youngsters!

**MOVE-N-LEARN:** Ages 3-4 years \*Child must be fully potty trained\*

This is a structured class environment where students participate without a parent. The primary class objective is development and mastery of basic motor skills involving jumping, balancing, climbing, landing, rolling and handstands in circuits. Youngsters learn the technique of following a series of instructions all while making friends with their classmates!

**PRESCHOOL:** Ages 4-5 years (Pre-K)

A more advanced program involving basic gymnastics skills performed on modified gymnastics equipment intended to prepare students for youth gymnastics. Instructional skills include directional rolling, directional balancing on low and high beams, jumping, cartwheels, handstands, basic vaulting and bar skills. This class structure focuses on teaching student accountability and skill sequencing through circuits. Students will also be introduced to the youth equipment!

### SCHOOL-AGE PROGRAM

**Ages 5 (child must currently be in Kindergarten) -12 years old**

**Please enroll your child according to the name of their level.**

*For assistance with correct level and skill placement, contact Michelle @ 955-8194 X128*

**ROLLERS:** Beginner introduction to gymnastics fundamentals, concepts and positions.

**SWINGERS:** Advanced beginner with development/mastery of basic skills and technique.

**KIPPERS:** Intermediate training of gymnastics skill combinations and routines.

**FLYERS:** Advanced instruction on gymnastics power skills and combinations.

**BOY'S GYMNASTICS:** Designed especially for boys, focusing on the fundamentals of boys gymnastics.

**TUMBLING:** Beginner-Intermediate \*Ages 8-16\* Cartwheels, Round-offs, Back Handsprings and Strength

**JR. TUMBLING:** Beginner-Intermediate \*Ages 5-10\* Cartwheels, Round-offs, Back Handsprings and Strength

**ADULT FIT GYM:** A class for those 18 and up which combines forming personal fitness goals and use of gymnastics equipment to promote physical fitness.

### DANCE/PERFORMANCE TEAM

**Pee-Wee Dance Team: Ages 4-5 years**

**Jr. Varsity Dance Team: Ages 6-8 years**

**Varsity Dance Team: Ages 9-12 years**

A new program added for those who desire to mix tumbling, pom-poms, dance and performing!

Classes require a commitment to a rehearsal schedule, uniforms and offer great performance opportunities.

### MAKE-UP/ REFUND/ CREDIT POLICY

- ONE MAKE-UP permitted per session - please call ahead to report absences and to schedule make-ups.
- NO MAKE-UPS and NO CREDITS issued for absences from the tumbling classes or dance team classes.
- NO CREDITS or REFUNDS are issued for absences.
- REFUNDS are issued with ONE-WEEK prior notification of cancellation from session start date.

### SESSION DATES:

• **NO CLASSES MONDAY, SEPTEMBER 1ST- LABOR DAY**

• **Session 9:** Tuesday, September 2nd, - Saturday, September 27th

Priority Registration begins, Monday, August 18th, Open Registration begins Monday, August 25th

• **Session 10:** Monday, September 29th, - Saturday, October 25th

Priority Registration begins Monday, September 15th. Open Registration begins Monday, September 22nd.

• **Session 11:** Monday, October 27th - Saturday, November 22nd

Priority Registration begins Monday, October 13th, Open Registration begins Monday, October 20th