

RULES AND POLICIES

- No jeans or jean shorts permitted.
 - No jewelry.
 - Hair must be tied back away from face.
 - Participants must be bare foot while on equipment.
 - Girls: Leotards or unitards; no tights.
 - Boys: T-shirts or tanktops with gym shorts or sweat pants; no buttons or zippers.
 - Youths under 12 years must have an adult guardian in the facility at all times.
 - Classes start and end on time, please be prompt.
 - Children are allowed on the equipment during class time only.
 - Children not enrolled in a class must be supervised at all times.
 - No running or playing allowed in the gym.
 - Parents are not allowed on the gym floor where equipment is set up.
 - Leave shoes, socks and bags by East wall of gym.
 - Y membership cards must be shown at the Welcome Center.
 - Payments are due before your child may participate
 - Registration for the following month begins on the 20th for both Facility and Community members.
 - For children not pre-registered, proof of payment must be provided at beginning of the class
 - No refunds or credits will be given once classes are in session. Credit will only be given with a doctor's note.
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MAKE-UP POLICY

One make-up class is allowed during the month the child is registered in class.

Please call the coordinator to make arrangements for the make-up class.

Exceptions may be granted in emergencies. Coordinator must be contacted during the month the child is registered.

Classes and teams follow the USA Gymnastics Junior Olympic Program for Women's Artistic Gymnastics.

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PROGRAM FEES

Facility Member	\$ 60.00
Program Member	\$ 85.00

FRIDAY FEES:

Facility Member	\$ 49.00
Program Member	\$ 69.00

GIRLS KIPPERS:

Facility Members Only	\$ 91.00
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Financial Assistance Available

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We thank you for following these guidelines, as they ensure that safety precautions are observed for everyone.

For more information contact
Annie Azizian, Coordinator
(818) 790-0123, ext. 246

Youth Gymnastics

Fall 2010

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**LEARN
PLAY
SHAPE YOUR FUTURE**



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Crescenta-Cañada Family YMCA
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
(818) 790-0123
www.ymcafoothills.org

YGYMNASTICSTM
We build strong kids, strong families, strong communities.

GYMNASTICS (AGES 1 - 5)

PARENT / TOT

Tot I (1 - 2 Yrs. with Parents)

A perfect bonding class for Parents and Tots with games, songs and exploration of equipment. This class encourages fitness from the earliest ages.

T/Th 9:30 - 10:15 am

Tot II (2 - 3 Yrs. with Parents)

For the development of both fine and gross motor skills and socialization for your child. Musical instruments add to the fun!

T/Th 10:30 - 11:15 am

KINDERGYM

(3-5 years)

Gymnastic basics are taught including forward/backwards rolls, swing bars, walking on raised beam, jumping skills, building arm strength & endurance.

M/W 9:30 - 10:15 am

3:00 - 3:45 pm

4:00 - 4:45 pm

T/Th 9:30 - 10:15 am

10:30 - 11:15 am

4:00 - 4:45 pm

PARENT/TOT & KINDERGYM FEES:

2 Days per Week: Facility Member \$ 47.00
Program Member \$ 63.00

Please Note: There is a minimum of 4 students per class. Parent/ Tot and KinderGym students join classes based on age. Progressive gymnastics students are tested and selected to advance based on skill level.

PROGRESSIVE GYMNASTICS (5 YEARS AND OLDER)

GIRLS ROLLERS (LEVEL 1)

This is a beginner level class where the girls will learn basic skills on 4 Olympic events: vault, uneven bars, balance beam and floor exercise. These skills will help develop strength, flexibility, coordination and confidence.

M/W 3:30 - 4:30 pm

4:30 - 5:30 pm

T/TH 3:30 - 4:30 pm

4:30 - 5:30 pm

F 3:30 - 4:45 pm

F 4:30 - 5:45 pm

GIRLS SWINGERS (LEVEL 2)

This is an advanced beginner class emphasizing the development of more difficult skills on each apparatus.

M/W 3:30 - 4:30 pm

T/TH 3:30 - 4:30 pm

4:30 - 5:30 pm

F 3:30 - 4:45 pm

4:30 - 5:45 pm

GIRLS GLIDERS (LEVEL 3)

This is an intermediate level class encompassing the development of more advanced skills on the vault, uneven bars, balance beam as well as floor exercise.

M/W 4:30 - 5:30 pm

T/TH 4:30 - 5:30 pm

GIRLS KIPPERS (LEVEL 4)

This is an advanced level class which prepares the girls to move up to Pre-Team. Difficult skills are learned on all apparatuses.

T/TH 3:30 - 5:30 pm

BOYS

This is a beginner class focusing on basic skills on floor exercise, rings, vault, and bars. Along with overall self-confidence, the class will enhance the boy's strength, flexibility, coordination, spatial awareness and pleasure in learning new skills.

M/W 4:30 - 5:30 pm

YMCA GYMNASTICS TEAM

This class is for Team Level proficiency. Classes three days per week:

M/W/F

3:30 - 6:00 pm

Facility Member Only

\$135.00

TEEN TUMBLING

Whether you are working towards joining your school cheer team, all-star team, or just want to learn to tumble, this is the class for you!

This class emphasizes the fundamentals of tumbling, focusing on flexibility, conditioning, rolls, cartwheels, round offs, and foundational skills for handsprings and overall conditioning to be a better athlete for the cheerleading season. Ages 13-17.

Friday

4:30 - 6:00 pm

Facility Member

\$ 55.00

Program Member

\$ 71.00

BEGINNING CHEER

Learn the fundamentals of cheerleading including: motion techniques, jumps, stunts and tumbling. Ages 6 and up. Located in Studio 2.

Monday

4:30 - 5:30 pm

Facility Member

\$ 43.00

Program Member

\$ 55.00

