TUITION POLICY:
- Registration for the gymnastics and parkour program is for the entire school year, September through May. Monthly tuition must be scheduled for automatic payment from a bank account or credit card on the first of each month.
- To withdraw from the program you must notify Gymnastics@ashlandymca.org by the 19th of the prior month.
- New or returning participants may join a class at any time if it is not full.
- Tuition is based on 4, 8 or 12 classes per month and will be pro-rated as needed.
- Due to limited instructors and class size, we do not allow make-up classes.

ARRIVING & LEAVING:
- We would appreciate participants not arriving more than 10 minutes early or leaving more than 10 minutes late.
- Parents are not required to stay during their child’s class.
- Parents should escort their child to and from class.

FOR YOUR SAFETY:
- All spectators and students not in class are asked to stay off the gymnastics equipment.
- A current and signed health form and waiver is required for all participants.

CLOTHING:
Any warm-up type clothing that you can move freely in is fine. **No Zippers or Buttons.**
**NO Shoes or Socks.**

Suggestions:
Girls: leotards, elastic waist shorts, T-shirts, sweats, footless leggings
Boys: elastic waist shorts, T-shirts, sweats

- Hair must be tied up out of child’s eyes.

Days we are not having classes:

ASHLAND FAMILY YMCA
GYMNASTICS AND PARKOUR

2020 Schedule

PARKOUR PREP Coed, 1 day/wk
Learn how to flip and maneuver on and off obstacles. High energy fast paced class.

Age 3 yrs
T 10:00 – 10:45a
$31 Y-member/$46 Community

Age 4 yrs
T 2:30 – 3:15p
Th 2:30 – 3:15p
$31 Y-member/$46 Community

Ages 5-6 yrs
T 3:30 – 4:30p
Th 3:30 – 4:30p
Sat 10:00 – 11:00a

Ages 7-9 yrs
T 4:30 – 5:30p
Th 4:30 – 5:30p
Sat 10:00 – 11:00a

Ages 10-12 yrs
T 5:30 – 6:30p
Th 5:30 – 6:30p

Ages 13-16 yrs
Th 6:30 – 7:30p

Advanced (instructor approval required)
T 6:30 – 7:30p
$41 Y-member/$57 Community

FOR YOUR DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

PARKOUR

noun par·kour \\
pär-kur\n
The sport of traversing environmental obstacles by running, climbing, or leaping rapidly and efficiently.

Parkour is a training discipline that allows you to navigate your surroundings by moving around, across, through, over and under obstacles.

This is done using running, climbing, swinging, vaulting, jumping, rolling, balancing and other similar movement.

Prices are based on a 4 week month. Shorter and longer months are adjusted accordingly.
### Recreation School Age

#### BEGINNERS
- Coed, School Age, 1 day/wk
  - Beginning level gymnastics skills: rolls, handstands, cartwheels, round offs, pullovers, hip circles, straddle and squat on vault, etc.
  - AGE: 5-6
    - T 3:15-4:15p
    - TH 3:15-4:15p
    - Sat 11:00-12:00p
  - AGE: 7-9
    - M 4:15-5:15p
    - W 2:00-3:00p
    - TH 4:15-5:15p
    - Sat 11:00-12:00p
  - Price: $39 Y-member/$54 Community

#### GYM EXPLORERS
- Coed, School Age, 1 day/wk
  - Instructor approval required.
  - Intermediate level gymnastics skills: back and front handsprings, walkovers, mill and sole circles on bars, handstands and cartwheels on beam, strength.
  - M 3:15-4:15p
  - W 3:15-4:15p
  - Th 5:15-6:15p
  - Price: $39 Y-member/$54 Community

#### INTERMEDIATES
- Coed, School Age, 1 day/wk
  - Instructor approval required.
  - Intermediate level gymnastics skills: back and front handsprings, walkovers, mill and sole circles on bars, handstands and cartwheels on beam, strength.
  - M 3:15-4:15p
  - T 4:15-5:15p
  - W 3:15-4:15p
  - Th 5:15-6:15p
  - Price: $39 Y-member/$54 Community

#### PRO REC
- Coed, School Age
  - Instructor approval required.
  - Non-competitive skill building class. The sky is the limit on skills.
  - W 4:15-5:30p
  - Price: $48 Y-member/$63 Community

#### TUMBLE TOTS
- Coed, 3-4 years, 1 day/wk
  - Introduction to gymnastics equipment.
  - Emphasis on fun.
  - M 10:00-10:45a
  - M 11:00-11:45a
  - T 2:15-3:00p
  - W 5:45-6:30p
  - Th 11:00-11:45a
  - Sat 10:00-10:45a
  - Price: $31 Y-member/$46 Community

#### KINDEGGYM
- Coed, 4-5 years, 1 day/wk
  - Beginning gymnastics skills on equipment.
  - Emphasis on fun.
  - M 2:15-3:00p
  - T 11:00-11:45a
  - W 5:45-6:30p
  - Th 1:15-2:00p
  - F 2:15-3:00p
  - Sat 10:00-10:45a
  - Price: $31 Y-member/$46 Community

#### KINDERSTARS
- Coed, 4-5 years, 1 day/wk
  - Instructor approval required. Young gymnasts work on Level 1 & 2 skills.
  - W 3:15-4:15
  - Th 2:00-3:00p
  - F 3:15-4:15p
  - Price: $39 Y-member/$54 Community

#### Competition Team

#### HOTSHOTS
- Coed, 4-7 years, 2 days/wk
  - Instructor approval required.
  - Preparing to advance to Pre Team skills.
  - T TH 3:15-4:15p
  - Price: $74 Y-member/$89 Community

#### PRE TEAM
- Coed, School Age, 2 days/wk
  - Instructor approval required.
  - Learning to perfect advanced skills on gymnastics equipment. Preparing to advance to team.
  - T TH 4:15-5:45p
  - Price: $88 Y-member/$104 Community

#### TEAM LEVEL 2
- 2 days/wk
  - By tryout only.
  - M W 3:15-4:45p
  - Price: $140 Y-member/$155 Community

#### TEAM LEVEL 3
- 3 days/wk
  - By tryout only.
  - M W F 4:00-7:00p
  - Price: $187 Y-member/$202 Community

### Pre-School Gymnastics

#### BUSY BEES
- Coed, 10-36 months, 1 day/wk
  - Parent participation class.
  - Open play on equipment with parent help.
  - W 9:00-9:45a
  - 5 Visit Card: $39 Y-member/$50 Community
  - Drop-in $9 Y-member/$11 Community

#### TUMBLE TOTS
- Coed, 3-4 years, 1 day/wk
  - Parent participation class.
  - Half of the class we will learn gymnastics skills with parent help and the last half will be open play on the equipment.
  - W 10:00-10:45a
  - Price: $31 Y-member/$46 Community

#### KINDERGAMM
- Coed, 4-5 years, 1 day/wk
  - Beginning gymnastics skills on equipment.
  - Emphasis on fun.
  - M 2:15-3:00p
  - T 11:00-11:45a
  - W 5:45-6:30p
  - Th 1:15-2:00p
  - F 2:15-3:00p
  - Sat 10:00-10:45a
  - Price: $31 Y-member/$46 Community

#### KINDERSTARS
- Coed, 4-5 years, 1 day/wk
  - Instructor approval required.
  - Young gymnasts work on Level 1 & 2 skills.
  - W 3:15-4:15
  - Th 2:00-3:00p
  - F 3:15-4:15p
  - Price: $39 Y-member/$54 Community

### Programs

#### Hello, Mom! Look at me!
- Children who participate in YMCA gymnastics will not only develop coordination, body strength, and gymnastics skills, they will make friends, improve social skills, and build their self-esteem.

#### The Ashland Family YMCA
- A safe and fun place to learn gymnastics. The facility is equipped with mats and apparatus that are approved for USA Gymnastics training. The staff are safety conscious, well trained, and dedicated to providing your child with a great experience.

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**Prices are based on a 4 week month. Shorter and longer months are adjusted accordingly.**

Updated 12/24/19