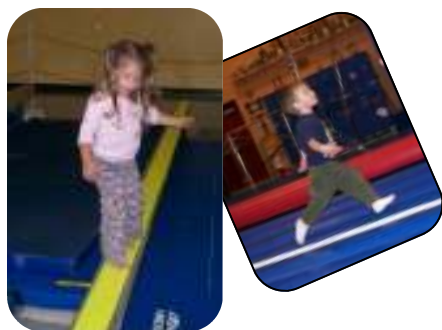




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



"Hey 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 is 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.

GYMNASISTICS

Tuition Policy:

- ⇒ Payment is due in full at time of registration. Classes run monthly, and space is limited. New participants may register for the current month if space is available. New participants must wait until the 20th of the month to register for the next month.
- ⇒ In order to hold your child's spot in his/her current gymnastics class for the *next month*, **tuition must be paid in full by the 19th of the current month or scheduled for automatic payment from your credit card or bank account.** Starting on the 20th, new participants may register for the next month's class until the class is full.
- ⇒ Once you are in a class, you may pay for (or schedule automatic payments) thru May.
- ⇒ **Due to limited instructors and class size, we do not allow makeup 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 jeans or cutoff jeans.

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.**



ASHLAND FAMILY YMCA GYMNASISTICS



2011 WINTER/SPRING SCHEDULE

Ashland Family YMCA Gymnastics
540 YMCA Way
Ashland, Oregon 97520

(541)482-9622
gymnastics@ashlandymca.org

GYM EXPLORERS 1 Coed, 10-36 months, 45 min. class one day a week. Parent participation class. Open play on equipment.
Days: Wed. 9:00 am
Fee: \$22 Y-member: \$32 Community
Drop-in \$6.50 Y-members \$9 Community

GYM EXPLORERS 2 Coed, 24-36 months, 45 min. class, one day a week. 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.
Days: Mon., Wed., OR Thurs., 10 am
Fee: \$22 Y-member: \$32 Community

TUMBLE TOTS Coed, 3-4 years, 45 min. class, one day a week. Introduction to gymnastics equipment. Emphasis on fun.
Days: Tues., OR Fri., 10 am
Mon., Wed., OR Thurs., 11 am
Thurs. 5:30 pm
Fee: \$22 Y-member: \$32 Community

KINDERGYM Coed, 4-5 years, 45 min. class, one day a week. Beginning gymnastics skills on equipment. Emphasis on fun.
Days: Tues., OR Fri., 11 am
Tues., OR Thurs., 1:15 pm
Fri., 2:15
Fee: \$22 Y-member: \$32 Community

KINDERSTARS Coed, 4-6 years. Instructor approval required. Young gymnasts work on level 1 & 2 skills.
Days: Tuesday & Thursday 2:00-3:00 pm
Fee: \$52 Y-member \$67 Community

HOTSHOTS Coed, 4-7 years. Instructor approval required. Young gymnasts working on level 2 & 3 skills.
Days: Wed. & Fri 3:15-4:15 pm
Fee: \$52 Y-member \$67 Community

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LEVEL 1 Coed, School Age, 1-hour class, one day a week. Beginning level gymnastics skills: rolls, handstands, cartwheels, round offs, pullovers, hip circles, straddle and squat on vault, etc.
Days: Wed. 2 pm, OR
Mon., OR Thurs., 3:15 pm
Tues., OR Wed., 4:15 pm
Fee: \$28 Y-member \$38 Community

LEVEL 2 Coed, School Age, 1-hour class, one day a week. Instructor approval required. Intermediate level gymnastics skills: back and front handsprings, walkovers, mill and sole circles on bars, handstands and cartwheels on beam, strength.
Days: Tues., OR Wed., 3:15 pm
Mon., OR Thurs., 4:15 pm
Fee: \$28 Y-member \$38 Community
2 days per week strongly recommended

TEEN GYMNASTICS Coed, 10-15 years, 1 hour class, one day a week. Level 1 & 2 gymnastics skills for older children.
Days: Tuesday 5:15 pm
Fee: \$28 Y-member \$38 Community

PRO REC Coed, School Age
Instructor approval required. Non-competitive skill building class.
Days: Mon. 5:15-6:30 pm
Fee: \$32 Y-member \$39 Community

LEVEL 3 Coed, School Age. Instructor approval required. Learning to perfect advanced skills on gymnastics equipment. Preparing to advance to Level 4 team.

Days: Wed., 5:15-7:00 pm &
Fri., 3:15-5:00 pm
Fee: \$77 Y-member \$92 Community

LEVEL 4 By tryout only.
Days: Tues., & Thur., 4:15-6:30 pm
Fee: \$85 Y-member \$100 Community

LEVEL 5, 6, & 7 By tryout only.
Days: Mon., Wed., & Fri 4:15-7:15 pm
Fee: \$142 Y-member \$156 Community



ADULT TUMBLING 90 min. class, one day a week. Learn how to tumble or just brush up on your skills. Great for cheerleaders.
Days: Mon. OR Thurs., 6:30 pm
Fee: \$40 Y-member \$50 Community
Drop-in Fee \$12 Y-member \$15 Community