

Green Hills Family YMCA

Gymnastics Information

Parent & Tot Gymnastics

This 45 minute class is for walking children from ages 1-3. The students will climb, jump, and pull on various apparatuses like wedge mats, bars, and beams. The class encourages cognitive development, hand-eye coordination, strength and flexibility. Parent's involvement is key and required for this class.

Class Days & Times: Wednesday 4:00-4:45 pm
Saturday 9:00-9:45 am

Costs: Facility Member \$43.00 Program Member \$57.00

3-5 Year Old Gymnastics

This 45 minute class teaches basic gymnastics skills on the balance beam, floor exercise, vault, bars, and more. This class develops the coordination and strength process needed for future gymnastics, as well as other sports programs. Some of the skills that are taught in this class include forward rolls, backward rolls, cartwheels, pullovers, and more.

Class Days & Times: Monday 4:00-4:45 pm
Saturday 10:00-10:45 pm

Costs: Facility Member \$45.00 Program Member \$59.00

6 & Up Gymnastics

This one hour class is geared toward the recreational gymnast, beginner or not. This class focuses on furthering student's strength, flexibility, and coordination in order to attempt more advanced skills. These skills include cartwheels, round-offs, back handsprings, front handsprings, and many other advanced skills on bars, beam, and vault. This class also prepares students for Pre-team gymnastics.

Class Days & Times: Monday 4:15-5:15 pm
Saturday 9:45-10:45 am

Costs: Facility Member \$55.00 Program Member \$69.00

PRE-Team Gymnastics

This class is for the developing competition gymnast between the ages of 5 and 9 years old. The gymnast should be able to complete a back walkover, a pull-over on bars, 3 chin-ups, handstand on to vault, and splits. Please schedule a try-out with Constance Murph to be entered into this class. We will have a mock-meet with medals for this group after four months of work-out. At that time, promotions to team will be granted if necessary skills have been met.

Class Days & Times: (Class meets twice per week for one hour)

Classes will form according to placement

Cost: Facility Member \$75 Program Member \$89

TEAM GYMNASTICS

Competition gymnastics- several local meets, intense workouts: Call Constance Murph 565-6262

REGISTRATION

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

GYMNASTICS

Participant Name _____
Birthdate _____ Gender _____ AGE _____

Parent/Guardian Name _____

Home Telephone # _____

Work or Cell # _____

Email Address _____

Facility Member _____ or Program Member _____ (Please check one)

Fall Session Dates: September 3rd through Sept. 29th

Class Desired _____ (There is a class minimum of 5 students.)

Day _____ Time _____ (Classes with fewer than 5 may be combined)

Amount Paid Today _____

Consent/Waiver: By signing this form, I expressly assume the risk of damage or harm to person or property. Accordingly, neither the YMCA nor any of its agents, employees, servants or invitees for any damage to persons or property when and to the extent that any such damage or injury may be caused, either approximately or remotely, wholly or in part, by act or omission, whether negligent or not, by the YMCA or any of its agents, employees, servants, or invitees or due to the condition or design or defect in the building, its mechanical systems or its equipment. My child has permission to participate in this activity. I have read and agree to the conditions outlined in the above statement.

Signature of Parent/Guardian

Date

**Classes with less than FIVE participants may be combined or cancelled. Please contact Constance Murph, Gymnastics Coordinator for all make-up lessons, private lessons or attendance of more than one class per week. If your child is younger than 5 years old, you must stay close by in case of emergency.

