

Gymnastics

Register online now!

The Y is in the process of redesigning the Gymnastics program based on member feedback. The following classes will be offered this session. Please be aware that each class needs at least three participants to hold the class. Members will receive a full refund or credit if:

- The class has insufficient enrollment and must be cancelled. The YMCA reserves the right to cancel or combine classes with enrollment less than three participants.
- The member cancels within 72 hours before the first class.

Tumbling Tots coed/walking—4 years and 6 months: A parent-assisted class for children who have never taken a structured gymnastics class or are not ready to be on their own. Children will work on basic gymnastics skills and exercises, while working on taking turns and following directions. This class prepares children for On My Own. These classes are 40-minute long sessions that meet once a week with one adult per child.

TT Level I, ages 1-2: Monday 9:50 am

TT Level I, ages 1-2: Thursday 10:45 am

TT Level II, ages 3-4: Monday 10:45 am

TT Level II, ages 3-4: Thursday 11:30 am

MEM: \$81 PRO: \$115

On My Own coed ages 2-3: This is a class for 2+ year-olds who are ready to do classes on their own. On My Own will have the same age-appropriate goals as Pre-Gym including taking turns, following instructions from a coach, building balance, flexibility and confidence all while having fun. These classes are 30-minute long sessions that meet once a week. Children participate in these classes alone.

Mondays, 11:45 am or Thursdays, 9:50 am

MEM: \$71 PRO: \$103

Pre-Gym coed ages 3-4: Children learn basic motor skills, hand-eye coordination and body awareness. Children will work on all events including vault, bars, beam, and floor. Class is 40-minutes, once a week.

Mondays, 12:30 pm or Thursdays, 4:45 pm

MEM: \$75 PRO: \$105

Gym & Swim coed ages 3-5: Classes consist of 40 minutes of gymnastics and 1/2 hour of pike/eel instruction and free swim. Classes meet in the gym. Children should come dressed in their bathing suits. These classes are 75-minute sessions that meet once a week.

Mondays, 3:45 pm or Thursdays, 4:45 pm

MEM: \$120 PRO: \$160



SESSION DATES

Session 1: January 10 - February 19

No class on January 17. Make up on January 21
Registration begins December 13

Session 2: February 21 - April 2

Registration begins December 13

Session 3: April 11 - May 21

Registration begins December 13

Progressive Gymnastics ages 5-12:

The Y progressive program is for children at least five years old. Beginner through intermediate level classes are designed to improve strength, coordination and self-motivation. Please call about placement for intermediate gymnastics. These classes are one-hour sessions that meet once a week. Children participate in classes alone, but parents must remain in the building.

Beginner - Children will be learning forward/backward rolls, handstands, bridges, cartwheels, and pullovers (bars). These are basic skills needed to learn more advanced skills on all events.

Mondays, 5:30 pm or Thursdays, 5:30 pm

MEM: \$103 PRO: \$145

MARTIAL ARTS



Tang Soo Do ages 4+: A traditional martial art that develops mind, body, and spirit and emphasizes personal improvement. Our Y studio is a satellite school of T.M. KIM Global Tang Soo Do. Tang Soo Do provides the curriculum and promotion testing from beginning white belts to advanced black belts. Classes include the traditional blocks, kicks, punches, sparring, self-defense, and forms. All classes taught by fifth degree certified instructor. Prospective students are encouraged to visit classes and meet the instructors. There are additional fees charged for uniforms and testing.

Martial Arts is offered all sessions in 2012.

Little Nijas (4-5):	Mon/Thur 6:00 – 6:30 pm
Youth (Grades 1-5):	Mon/Thur 6:30 – 7:15 pm
Pre Teens - Adult (11+):	Mon/Thur 7:20 – 8:05 pm

MEM: \$80 PRO: \$111

YOUTH SOCCER

Youth Spring Soccer ages 3-13: Age cutoff date for Spring 2011 season is August 1, 2011. Whatever age your child was as of that date determines their age group. Example: Child is 4 years old as of 8/1/2011, they would play in the U5 (Under-5) age group for the Spring season. Ages U12 and U14 will travel to other locations for games.

Online Registration Begins: January 14 at 9:00 am
New Parent Orientation: Feb. 16 at 7:00PM
Practices Begin: Week of Feb. 27 for ages U5 – U14.
Week of March 5 for Kiddie Kickers
Games Begin: Weekend of March 10

Kiddie Kickers (ages 3-4):	MEM: \$80	PRO: \$106
U5 – U10 (ages 4-10):	MEM: \$90	PRO: \$131
U12 & U14 (ages 11- 14):	MEM: \$100	PRO: \$141

*Player new to U8-U14 will need to purchase a set of home/away jerseys. **The YMCA Youth Sports Department reserves the right to consolidate teams and make changes when needed. These include practice/team changes.

Spring Soccer at Cross Keys location ages 4-13: Played at Cross Keys High School. Season: August 22 - October. Register Online starting Feb. 1 or in-person at Oakcliff Elementary & Cross Keys High School March - May.

U5 – U10 (ages 4-10):	MEM: \$90	PRO: \$131
U12 & U14 (ages 11- 14):	MEM: \$100	PRO: \$141



SOCCER CLINIC

Youth Soccer Skills Clinic ages 6-12: These clinics will concentrate on developing and improving individual skills such as dribbling, passing and receiving and finishing (shooting). All clinics will be conducted by State Certified coaches. Sessions will meet at the Y Soccer Complex on Ashford Dunwoody Road. All participants will need to provide their own lunch. The Y will provide snacks and drinks.

9:00 am – 3:30 pm
February 17, 20 • March 9 • April 3, 4, 5
Cost: \$30 per clinic

A pre (7:00 – 9:00 am) and post (3:30 – 6:30 pm) camp option is available for an additional \$15 charge. Participants will be bused to and from the Y to the soccer fields if you choose either of these options.

Sports & Rec

Register online now!

BASEBALL

Youth Baseball ages 3-7 (Boys, Girls and Coed): Youth Baseball is offered for ages 3-7. This is a great program to compliment all of your summer activities. This is a recreational and instructional league built on skill development and fair play. Super Swingers, our 3 year old division, will practice once a week in a clinic setting. Participants ages 4-7 will practice once a week and play a game on Saturday. Ages 4-5 will play T-Ball and 6-7 will participate in Coach Pitch Baseball. All players will receive a team jersey and team award. .

Registration begins: April 22 at 9:00 am

New Parent Orientation: May 23 at 7:00 pm

Practices Begin: the week of May 28

Games start: June 9

Ages 4-7: MEM: \$90 PRO: \$131

Super Swingers Age 3: MEM: \$80 PRO: \$106



INDOOR TENNIS

Indoor Tennis League ages 5-12: Our indoor tennis class focuses on teaching fundamental tennis skills. Classes will be taught by certified instructors using specialized indoor tennis equipment. The classes are one hour long, once per week. We have multiple offerings for multiple age brackets. Classes require parental supervision/possibly some parental assistance. All classes will be held indoors at the Y. Classes will begin in session 2 & 3.

MEM: \$80 PRO: \$110

SPIRIT TRACK CLUB

Spirit Track Club Preseason Sports Conditioning ages 8-18: This is our preseason conditioning program for youth to prepare for the 2012 USATF Track & Field season. We will concentrate on flexibility, Core strength, running technique and agility. Sessions are held Sundays and Wednesdays. No Practice from December 22, 2011 to January 3, 2012.

Wednesdays, 4:00 - 5:00 pm and Sundays, 6:00 - 7:00 pm

December 7, 11, 14, 18 & 21

MEM: \$25 PRO: \$30

January and February

MEM: \$45 PRO: \$55



SPIRIT TRACK CLUB

Spirit Track Club ages 8-18: An instructional and competitive program sanctioned by USATF. Our aim is to introduce and develop youth in the sport of Track & Field. Track & Field is a sport for all skill and fitness levels. Track & Field offers a great variety of events appealing to all participants including: long distance, middle distance, sprints, hurdles, relays, mini-javelin, javelin, shot put, discus, long jump, high jump, and pentathlon.

Mon/Wed/Thu: 6:00 - 7:30 pm

Parents Meeting: March 7 at 7:00 pm

Practices Begin: March 12

MEM: \$200 PRO: \$250

ADULT BASKETBALL

Adult Pick-Up Basketball free for facility members ages 16+: Hit the hoops with friends!

Mondays & Wednesdays, 6:00 - 8:00 pm

Saturdays, 10:00 - 12:00 pm

Sundays, 1:00 - 3:00 pm

RACQUETBALL

Racquetball free for facility members: Courts may be reserved by members only for one-hour time slots. Call 770-451-9622 to reserve same-day or next day slots.