



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TUMBLE INTO FALL AT THE Y

DECATUR FAMILY YMCA



2011–2012 Registration Dates & Prices

Sessions	Early Registration	Regular Registration
Saturday Classes Aug. 20 - Oct. 8 Oct. 15 - Dec. 10* Jan. 14 - March 3rd March 10th - May 5th**	June 15th - Aug 19th June 15th - Oct 14th Nov. 1st - Jan. 13th Nov. 1st - March 9th	August 20th - Aug 26th October 15th - Oct 21st Jan. 14th - Jan. 20th March 10th - March 17th
Tuesday Classes Aug. 23 - Oct. 11 Oct. 18 - Dec. 13* Jan. 17th - March 6th March 13th - May 8th**	June 15th - Aug 19th June 15th - Oct 14th Nov. 1st - Jan. 16th Nov. 1st - March 12th	August 20th - Aug 26th October 15th - Oct 21st Nov. 17th - Jan. 24th March 13th - March 20th
Thursday Classes Aug. 25 - Oct. 13 Oct. 20th - Dec. 15* Jan. 19th - March 8th March 15th - May 10th**	June 15th - Aug 19th June 15th - Oct 14th Nov. 1st - Jan. 18th Nov. 1st - March 14th	August 20th - Aug 26th October 15th - Oct 21st Jan. 19th - Jan. 26th March 15th - March 22nd

Prices Early Registration	Prices Regular registration
Preschool Classes \$70 Fac / \$100 Pro	Preschool Classes \$85 Fac / \$115 Pro
Progressive Classes Hot Shots \$85 Fac / \$110 Pro	Progressive Classes Hot Shots \$100 Fac / \$125 Pro
Hot Stuff Classes \$95 Fac / \$120 Pro	Hot Stuff Classes \$110 Fac / \$135 Pro
Combo Classes \$95 Fac / \$125 Pro	Combo Classes \$110 Fac / \$140 Pro
Ballet Classes \$70 Fac / \$100 Pro	Ballet Classes \$85 Fac / \$115 Pro

REGISTER ONLINE!!!

Fac = facility members Pro = program members

* Classes will not be held the week of Thanksgiving: Mon., Nov. 21, 2011 - Sun., Nov. 27, 2011

**Classes will not be held the week of Spring Break: Tues., April 3rd, Thurs. the 5th & Saturday the 7th.

Pre-School Gymnastics Classes

Preschool class ratio is 1:6 and classes are 50 minutes long.

Walkers - 2 yrs *parent assisted	This class is designed for parent and child. Children MUST be walking to enroll in this class. Parents will participate in this class with their child.	Tue.: 10:00 - 10:50a	11:00 - 11:50a
2 year old Co-ed	*MUST be 2 at start of class. MUST be able to stay in class without parent. This class will introduce your child to the world of gymnastics. Basic skills, hand eye coordination & terms.	Tue.: 9:00 - 9:50a 4:00 - 4:50p	10:00 - 10:50a 5:00 - 5:50p
3-4 yr olds Co-ed	This class will introduce your child to gymnastics. Children will learn skills on beam, bars, floor, vault and tumble track. We aim to teach skills and work to have good form and technique.	Thu.: 4:00 - 4:50p	5:00 - 5:50p
4 - 5 yr olds Co-ed	This class will introduce your child to gymnastics. Children will learn skills on beam, bars, floor, vault and tumble track. We aim to teach skills and work to have good form and technique.	Sat.: 9:00 - 9:50a	10:00 - 10:50a 11:00 - 11:50a
		Tue.: 9:00 - 9:50	10:00 - 10:50a 4:00 - 4:50p
		Thu.: 4:00 - 4:50p	5:00 - 5:50p
		Sat.: 9:00 - 9:50a	10:00 - 10:50a 11:00 - 11:50a
		Tue.: 4:00 - 4:50p	5:00 - 5:50p
		Thu.: 4:00 - 4:50p	6:00 - 6:50p
		Sat.: 9:00 - 9:50a	10:00 - 10:50a 11:00 - 11:50a

Boys Only Gymnastics Classes:

Combo Class ratio is 1:6 and classes are one hour long.

3-4 yr olds	This class will introduce your child to gymnastics. Children will learn skills on beam, bars, floor, vault, rings and tumble track. We aim to teach skills and work to have good form and technique.	Tue.: 4:00 - 4:50p	6:00 - 6:50p
		Thu.: 4:00 - 4:50p	5:00 - 5:50p
		Sat.: 10:00 - 10:50a	11:00 - 11:50a
5 - 9 yr olds	This class will introduce your child to gymnastics. Children will learn skills on beam, bars, floor, vault, rings and tumble track. We aim to teach skills and work to have good form and technique.	Tue.: 4:00 - 4:50p	
		Thu.: 4:00 - 4:50p	
		Sat.: 9:00 - 9:50a	10:00 - 10:50a

Specialty Gymnastics Classes:

Combo Class ratio is 1:6 and classes are one hour long.

Gym n Dance Ages 3-5	This class is 30 minutes of gymnastics and 30 minutes of beginning ballet. Weekday classes will have ballet 1st and will meet up stairs by the aerobic rooms. Weekend classes will have gymnastics classes 1st and will meet at the gym.	Tue.: 4:00 - 5:00p	
		Thu.: 4:00 - 5:00p	5:10 - 6:10p
		Sat.: 9:30 - 10:30a	11:30 - 12:30p 12:00 - 1:00p
Gym n Swim Ages 3-5	This class is 30 mins of gymnastics and 30 mins of pike/eel level swim lessons. Meet in the gym 1st for gymnastics. Wear your swim suit to class. Parents will pick up on the pool deck at the end of class.	Thu.: 6:00 - 7:00p	
		Sat.: 8:50 - 9:50a	10:00 - 11:00a
Dance n Swim Ages 3-5 *new class!	This class is 30 mins of ballet and 30 mins of pike/eel level swim lessons. Please meet in the gym 1st for gymnastics. Wear your swim suit to class. Parents will pick up on the pool deck at the end of class.	Thu.: 5:00 - 6:00p	
		Sat.: 12:00 - 1:00p	

Youth Girls Gymnastics Lessons: Age 6-12

Youth Class ratio is 1:8 and classes are one hour long.

Progressive I	This class is beginners gymnastics class. No experience needed.	Tue.: 4:00 - 5:00p	5:00 - 6:00p
		Thu.: 4:00 - 5:00p	6:00 - 7:00p
		Sat.: 9:00 - 10:00a	11:15 - 12:15p
Progressive II	Girls must be able to do a basic cartwheel, handstand, bridge, forward roll, attempt to kick over on the bars and walk on the high beam alone to enroll in this class.	Tue.: 4:00 - 5:00p	5:00 - 6:00p
		Thu.: 4:00 - 5:00p	
		Sat.: 9:00 - 10:00a	10:10 - 11:10a 11:15 - 12:15p
Progressive III	Girls must be able to do a pull over on the bars, cast on bars, round off, backward roll, bridge kick over, walk with confidence on high beam.	Tue.: 5:00 - 6:00p	
		Thu.: 5:00 - 6:00p	6:00 - 7:00p
		Sat.: 10:10 - 11:10a	

Advanced Gymnastics: Must have prior approval to register

Hot Shots Ages 3 - 6	Skills needed for try outs: cartwheel, handstand, forward roll, bridge, attempt to pull over on bars and able to walk across beam unassisted.	Thu.: 4:00 - 5:00pm	
		Sat.: 9:00 - 10:00am	
Hot Stuff Ages 6-12	Skills needed for try outs: cartwheel, handstand, forward roll, bridge, pull over on bars and able to walk across beam unassisted.	Tuesday 5:00 - 7:00pm	
		Saturday 10:00 - 12:00pm	
Competitive Team	This is a year round gymnastics team. Girls must try out in March/April to participate on team. Please contact Kim Castro for more information	Tue. & Thu.	