



# GYMNASTICS



**Recreational Parent Tot Gymnastics** This class develops your child's motor skills, hand-eye coordination, and strengthens legs for crawling then walking, all while having a fun time with both you and other little ones. These classes prepare your child for group activities and interaction and provide a wonderful bonding time for parent and child.

Parent Tot Gymnastics	Saturday	10:00 – 10:50 AM Joanna	1-3	Gymnastics Center	Program Members: \$60 Family Member: FREE Non Member: \$90
-----------------------	----------	----------------------------	-----	-------------------	--

**Recreational Girls Gymnastics Classes Artistic** gymnastics teaches floor work, vault, bars, beams and trampoline as well as stretching and strengthening exercises and basic dance techniques as it applies to gymnastics.

Beginner Gymnastics	Tuesday & Thursday	4:00-5:00pm	4-7	Gymnastics Center	Program Members: \$150 Family Member: \$125 Non Member: \$195
Intermediate Level 3	Tuesday & Thursday	5:00-6:00 PM Coaches Approval Joanna/Raina	4-12	Gymnastics Center	Program Members: \$150 Family Member: \$125 Non Member: \$195
Level 2 gymnastics	Tuesday & Thursday	6:00-7:00 PM Joann	7-14	Gymnastics Center	Program Members: \$150 Family Member: \$125 Non Member: \$195

## Team Girl Gymnastics

Class	Day	Time	Age	Location	FEES
AAU Bronze	Monday Wednesday Friday	5:00-7:30 M 4:00-5:30 W 4:00-6:00 F	Requires Coach Approval Anush/Paula	Gymnastics Center	Program Members: \$225 Family Members: \$220 Non Members: \$235
AAU Silver and up	Monday, Wednesday & Friday	5:00-7:30 M/W 4:00-6:00 Fridays	Requires Coach Approval Anush/Paula/ Raina	Gymnastics Center	Program Members: \$240 Family Members: \$225 Non Members: \$255

# GYMNASTICS

## RECREATIONAL-PROGRESSIVE

The following Rules and Guidelines have been established for our Gymnastics Program



1. Register online [www.glendaleymca.org](http://www.glendaleymca.org) or in person at the Gymnastics Office located by Gymnastics gymnasium.
2. Registration is required prior to joining the class in order for us to monitor the number of students allowed in each class.
3. No financial assistance will be processed on the spot; you must apply for financial assistance in advance.
4. For those unsure of the appropriate level for enrollment, try out classes are available by appointment only. Please contact Anush via email to schedule.
5. There will be no makeup or credit for missing classes.
6. Cancellation after the first day of classes will refund you only 50% of the remaining session. Transfer fee is \$5.00.
7. Gymnasts are required to wear proper attire. Please talk with your Coach to determine what they should wear. For safety reasons, the following items are prohibited during gymnastics classes: dangling earrings, necklaces, rings, bracelets, etc., loose clothing, clothing with zippers, buckles or other sharp objects. Hair must be tied back securely and out of the face.
8. **Gymnasts will need to bring their own water bottles**
9. Bathroom ration: follow YUSA rule 1 or 3 ratio.
10. No one other than class participants are allowed on the gymnastics facility.
11. Do not show up any earlier than 5 minutes prior to your gymnastics lesson.
12. The Gymnastics Center and equipment **weekly or daily depending on availability.**
13. The YMCA of Glendale strongly maintains that profanity, improper or threatening behavior has no place at the Y, and members or guests failing to control their behavior will be asked to leave.
14. All other rules which are posted or printed for the YMCA of Glendale apply.
15. Each student will progress at his/her own pace. It is not unusual for a student to repeat a level several times before mastering all the necessary skills to pass.

#### **Questions?**

Contact Anush Karibyan at (818) 240-4130 ext. 117 or [AKaribyan@glenymca.org](mailto:AKaribyan@glenymca.org)  
[www.glendaleymca.org](http://www.glendaleymca.org)