



# GYMNASTICS



## RECREATIONAL-PROGRESSIVE October, November & December 2021

Each session consists of 8 classes for twice a week or 4 classes for once a week.

### Recreational Parent Tot Gymnastics TBA on opening registration

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.

Class	Day	Time	Age	Online Code	Location	FEES
Parent Tot Gymnastics	Saturday	10:00 – 11:00 AM	1-3	GYM	Gymnastics Center	<b>NOT AVAILABLE NOW</b>

### Recreational Boys & Girls Gymnastics/Beginners TBA on opening registration

These classes are especially designed for children between three and kindergarten age. Beginning gymnastics skills are to introduce spatial awareness, listening skills, basic tumbling, dance and balance.

Class	Day	Time	Age	Online Code	Location	FEES
Beginners Artistic (Boys & Girls)	Saturday	10:30-11:30	4-7	GYM	Gymnastics Center	Program Members: \$90 Family Member: \$60 Non Member: \$120
Beginners Artistic (Boys & Girls)	Fridays	6:00-7:00	6-10	GYM	Gymnastics Center	<b>NOT AVAILABLE NOW</b>

### Recreational Girls Gymnastics Classes will be open in second phase July 20<sup>th</sup>

Artistic gymnastics teach floor work, vault, bars, beams and trampoline as well as stretching and strengthening exercises and basic dance techniques as it applies to gymnastics.

Class	Day	Time	Age	Online Code	Location	FEES
Rollers Beginners	Tuesday & Thursday	5:00-6:00 PM	4-7	GYM04	Gymnastics Center	Program Members: \$120 Family Member: \$90 Non Member: \$150
Rollers Beginners	Tuesday & Thursday	6:00-7:00 PM	7-14	GYM11	Gymnastics Center	Program Members: \$120 Family Member: \$90 Non Member: \$150
Swingers	Tuesday & Thursday	3:00-4:00 PM	5-8	GYM12	Gymnastics Center	<b>NOT AVAILABLE NOW</b>

### Artistic Team Classes that will be open from June 29<sup>th</sup>

Intermediate-Advance level classes taught by highly qualified USAIG certified instructors. Skill development for team competition includes vault, bars, beam, floor. Times and price vary depending on age and level of the child. **Additional Competition fees apply.**

Class	Day	Time	Age	Online Code	Location	FEES
Gym Team Copper 1&2	Monday & Wednesday	3:30-5:30	Requires Coach Approval	GYM16	Gymnastics Center	Program Members: \$140
Bronze & Silver	Monday, Wednesday &	5:30-7:30	Requires Coach Approval	GYM20	Gymnastics Center	Program Members: \$165



# GYMNASTICS

## RECREATIONAL-PROGRESSIVE

**The following Rules and Guidelines have been established for our Gymnastics Program**  
**Prior to this forced closure our main priority has always been and will continue to be the safety of our students, families, and staff. That being said, we have implemented modified policies and procedures for our program in accordance with CDC, LA County, and USAG guidelines. These new procedures include mandatory masks entering and exiting facility verbal health screening prior to entering the facility and new class schedules, staggered start and end times and smaller classes.**

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 e-mail 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 and all water fountains will remain shut.**
9. **Masks are only required for entering and exiting the gymnastics facility.**
10. No one other than class participants are allowed on the gymnastics facility. **Drop off program only students will form a line for pick up by the door accompanied by a coach or a Y employee. (No Observation)**
11. Do not show up any earlier than 5 minutes prior to your gymnastics lesson.
12. The Gymnastics Center and equipment **will be cleaned before and after each class.**
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.
16. We strongly encourage all parents to participate actively in their child's gymnastics experience here at the YMCA of Glendale by communicating with the child's instructor.

**Rights Reserved:** Gymnastics rules apply to all gymnastic programs. The YMCA of Glendale reserves the right to refuse service to anyone for any reason. We also reserve the right to change program schedules and instructors without notice. We may combine classes if necessary. Classes may be cancelled due to insufficient participants and a class may transfer to a different time or day.

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)