



# GYMNASTICS

## RECREATIONAL-PROGRESSIVE SEPTEMBER 2019



**\*\*\*MEMBERS ONLY receive \$5.00 off when you register on-line for classes. Use Coupon code "save5".**

### 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.

Class	Day	Time	Age	Online Code	Location	FEES
Parent Tot Gymnastics	Monday & Wednesday	10:00 – 11:00 AM	1-3	GYM01	Gymnastics Center	Family Members: FREE Members: \$60 Program Members: \$95

### Recreational Kinder Gym/Beginners

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
Hot Shot Gym Artistic	Monday & Wednesday	3:00-4:30Pm	3-7	GYM02	Gymnastics Center	Family Members: \$100 Members: \$110 Program Members: \$140
Beginners Artistic (Boys & Girls)	Saturday	10:30 – 11:30 AM	4-6	GYM03	Gymnastics Center	Family Members: \$50 Members: \$60 Program Members: \$80
Beginners Artistic	Tuesday & Thursday	5:30 – 6:30 PM	4-6	GYM04	Gymnastics Center	Family Members: \$90 Members: \$100 Program Members: \$130

### Progressive Girls Gymnastics

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 Artistic	Tuesday & Thursday	5:30 – 6:30 PM	5-14	GYM11	Gymnastics Center	Family Members: \$90 Members: \$100 Program Members: \$130
Rollers Beginners Artistic	Tuesday & Thursday	4:30 – 5:30 PM	5-14	GYM12	Gymnastics Center	Family Members: \$90 Members: \$100 Program Members: \$130
Rollers Beginners Artistic (Boys & Girls)	Saturday	10:30-11:30 AM	5-14	GYM13	Gymnastics Center	Family Members: \$50 Members: \$60

### 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)



						Program Members: \$80
Kippers Intermediate Artistic	Tuesday & Thursday	5:30-7:30 PM	Requires Coach Approval	GYM15	Gymnastics Center	Family Members: \$120 Members: \$130 Program Members: \$150

### Artistic Team

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
Pre Team (3 days) Copper 1	Monday & Wednesday Sat.	3:30-5:30 PM 12:00-2:00PM	Requires Coach Approval	GYM19	Gymnastics Center	Family Members: \$130 Members: \$140 Program Members: \$165
Gym Team (3 days) Copper 2 & Bronze	Monday, Wednesday, Friday	4:30-7:30 PM 4:30-7:00 PM (Fri)	Requires Coach Approval	GYM20	Gymnastics Center	Family Members: \$155 Members: \$160 Program Members: \$175
Gym Team (4 days) Silver Level	Mon/Wed/Fri Sat	4:30 - 7:30 PM 12:00-4:00PM (Sat)	Requires Coach Approval	GYM16	Gymnastics Center	Family Members: \$165 Members: \$175 Program Members: \$185

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### 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 Membership Desk. Receive \$5.00 off when you register online. Use promo code: Save5
2. Registration is required monthly and begins on the last week of class unless otherwise is announced.
3. For new members, registration will be available the last week of each month unless otherwise announced.
4. No financial assistance will be processed on the spot; you must apply for financial assistance in advance.
5. 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.
6. Late Fee is \$15.00 after first week for all Team gymnasts and \$5.00 for all Progressive/Recreational students.
7. There will be no makeup or credit for missing classes. Make up classes are given by doctor's note only. You must notify the Head Coach via e-mail at [akaribyan@glenymca.org](mailto:akaribyan@glenymca.org) to arrange a make-up class. Doctor's note indicating illness dates will be required. Maximum of 2 make up classes for twice a week and 1 make up class for once a week will be arranged.
8. Cancellation after first day of classes will refund you only 50% of the remaining session. Transfer fee is \$5.00.

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9. 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 face.
10. No one other than class participants are allowed on the gymnastics floor or equipment areas. Persons waiting or observing are asked to do so from either balcony area or seating area. No observations are allowed from the wall.
11. Do not show up any earlier than 5 minutes prior to your gymnastics lesson.
12. The Gymnastics Center and equipment is available only during class time for students who are currently enrolled in a 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 schedule 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.

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