

GYMNASTICS OPEN GYM

Beginning Sept 11 11:00-1:00pm
Fee: Member - \$5 Non-Member - \$8
(no Open Gym on 10/16, 11/6 and 9/16 due to
meets and Labor Day)
Coaches will be present for safety and
assistance.

Thank you to our Gold Sponsors:
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Taco Bell

Thank you to our Publicity Sponsors:
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Gymnastics



Orrville YMCA

1801 Smucker Road
Orrville, OH 44667
330-683-2153
330-683-0068-fax

Dalton YMCA

100 N. Kurzen Road
Dalton, OH 44618
330-682-1033
330-682-0066-fax

Email:

info.ymca@zoominternet.net

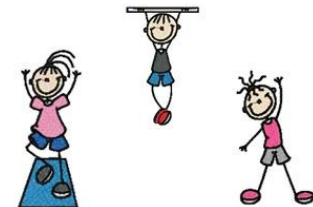
Website:

www.orrilledalton-ymca.org

**20% off for each additional class per participant for Y
members only



A Partner Agency



**WE BUILD STRONG KIDS, STRONG
FAMILIES, STRONG COMMUNITIES**



GYMNASTICS AT THE DALTON Y

GYMNASTICS CLASS INFORMATION

The Dalton YMCA Gymnastics program offers a variety of classes for girls and boys ages 18 months and up. We have classes for various ages and skill abilities.

GENERAL INFORMATION

Attire:

Girls: A leotard is preferred, but shorts (no zippers or buttons) and a t-shirt (tucked in) are acceptable. Loose clothing can make it difficult for the instructor to spot your child on skills and buttons/zippers can cause injury to your child or the instructor. Hair should be tied back and away from the face. Remove jewelry, especially necklaces and rings.

Boys: Shorts (no zippers or buttons) and a t-shirt (tucked in). Please bring a pair of slippers or flip-flops to easily slip on if your gymnast has to leave the gymnastics area to get a drink or use the restroom.

Safety:

Although we do our best to provide a safe environment for all children, injuries can occur. To ensure the safety of all, please adhere to the following rules:

1. No children should be on the equipment (including the mat) before the class begins.
2. Any children who are not in the class should be kept on the side and away from the equipment.
3. Participants should follow the directions of their instructor.
4. Participants should only perform skills directed by their instructor.
5. Participants must remain with their instructor for the entire class.

PRESCHOOL GYMNASTICS For Boys and Girls 18 months-5 years

PARENT/TOT: 18-35 months
Children will explore hopping, rolling, jumping, swinging and balancing on gymnastics equipment specially designed for them with parent/care giver's assistance.

PRESCHOOL- An introduction to gymnastics and basic movement awareness for older tots and preschool age children. Children will be separated into skill/age appropriate groups after the 1st class of the session. **Must be 3 years old to register.**

- **LEVEL 1:**
Younger tots will begin learning basic movements on preschool mats, bars and beams, while improving their listening and social skills.
- **LEVEL 2:**
Older tots will learn gymnastics skills which will prepare them to enter our progressive gymnastics class.
- **LEVEL 3:**
At this level, gymnasts will progress through gymnastics skills which will prepare them to enter our progressive gymnastics class. Gymnasts must be selected for this class by their instructor.

PARENT/TOT (18 mo-35mo)
10-Week Session, Saturdays: Aug 28 - Nov 20 (no class on 10/16, 11/6 and 9/16 due to meets and Labor Day)

SAT: 10:30 - 11:00am
SESSION FEES: \$25 Memb \$45 Non-Mem

12-Week Session, Mondays: Aug 30 - Nov 22
MON: 6:45 - 7:15 pm
SESSION FEES: \$30 Mem \$55 Non-Mem

PRESCHOOL
10-Week Session, Saturdays : Aug 28 - Nov 20 (no class on 10/16, 11/6 and 9/16 due to meets and Labor Day)

SAT: 9:30 - 10:15am
SESSION FEES: \$50 Mem \$80 Non-Mem

12-Week Session, Tuesdays: Aug 31 - Nov 18
PRESCHOOL LEVELS 1, 2, 3: TUES: 6:15 - 7:00 pm
PRESCHOOL LEVEL 1, 2: THUR: 5:30pm - 6:15 pm
SESSION FEES: \$60 Mem \$95 Non-Mem

PROGRESSIVE GYMNASTICS

Gymnasts age 6 and up will develop self-esteem and body control, while progressing through various levels of skills on vault, bars, beam and floor. *Experienced gymnasts should speak to Linda Westfall concerning level placement.

- **LEVELS 1-3:** Gymnasts will learn basic skills on all four events: floor, beam, bars and vault.
- **Boys:** Boys learn basic skills on all four events: floor, beam, bars and vault.

**Advanced levels by ability.*

12-Week Session: Aug 31 - Nov 16

Levels 1	TUE, 5:00 - 6:00pm
Levels 1 Adv	TUE, 6:00 - 7:00pm
Levels 2, 2 Adv, 3	TUE, 5:00 - 6:00pm
Boys	TUE, 5:00 - 6:00pm

SESSION FEES	Member	Non Member
All Levels	\$90	\$120

GYMNASTICS TEAM AND PRE-TEAM

Compete with other YMCA's in the area after learning the United States of America Gymnastics (USAG) compulsory routines on each of the four events. Certain skills needed, inquire with gymnastics coach, Linda Westfall.
Sessions: Monthly
MON, WED, FRI: 4:30 - 6:30pm

TEAM FEE: \$50/mo/Members (Must be a Y member.)

PRE-TEAM FEE: \$50/mo/Member;
\$70/month Non-Member

