

## GYMNASTICS OPEN GYM

Fee: Member - \$5 Non-Member - \$8

Coaches will be present for safety and assistance. Will resume in the fall.

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

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**A Partner Agency**

# Gymnastics



## Orrville

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## Dalton

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100 N. Kurzen Rd

Dalton, OH 44618



**For Youth Development,  
For Healthy Living,  
For Social Responsibility**

## 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)

**12-Week Session: Mar 1 - May 17**

THUR: 6:30 - 7:00 pm

FEE: \$30 Member; \$54.60 Non-Member

**PRESCHOOL LEVELS 1, 2, 3**

**12-Week Session: Feb 28 - May 15**

THUR: 5:30 - 6:15 pm

FEE: \$60 Member; \$95 Non-Member

**LEVEL 1 only**

**12-Week Session: Feb 28 - May 15**

TUE: 6:15 - 7:00 pm

FEE: \$60 Member; \$95 Non-Member

## 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: Feb 28 - May 15**

Level 1 TUE, 5:00 - 6:00pm

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

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

Boys (Feb 27-May 14) MON, 6:00 - 7:00

### SESSION FEES

	Member	Non-Member
Levels 1-3, and Boys	\$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

**Spring Show May 19!**