

## GYMNASTICS OPEN GYM

Beginning Sept, 11:30am - 1:30pm  
Fee: Member - \$5 Non-Member - \$8  
Coaches will be present for safety and assistance.

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

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# Gymnastics



## Orrville YMCA

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

## Dalton YMCA

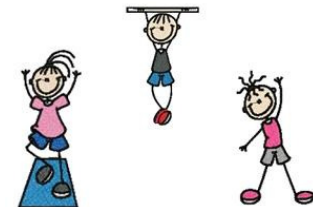
100 N. Kurzen Road  
Dalton, OH 44618  
330-682-1033  
330-682-0066-fax

### Email:

[info.ymca@zoominternet.net](mailto:info.ymca@zoominternet.net)

### Website:

[www.orrilledalton-ymca.org](http://www.orrilledalton-ymca.org)



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# 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.

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**PARENT/TOT** (18 mo-35mo)  
**11-Week Session, Thursdays: March 24 - May 26**  
**(no class the first week of April)**  
TUE: 7:00 - 7:30 pm  
SESSION FEES: \$27.50 Mem    \$50 Non-Mem

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**PRESCHOOL LEVELS 1, 2, 3**  
**11-Week Session Thursdays : June 7 - Aug 16**  
TUE: 6:15 pm - 7:00 pm  
SESSION FEES: \$55 Mem    \$87 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.*

### 11-Week Session: June 7 - Aug 16

Levels 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	Will resume in the fall.

<b>SESSION FEES</b>	Member	Non Member
All Levels	\$82.50	\$110

## FLYERS CLASS

Will resume in the fall. This class is by invitation only.

Tuesdays, 5:00-6:00pm  
SESSION FEES: \$68 Mem    \$90 Non-Mem

## 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