

# YGYMNASTICS™

We build strong kids, strong families, strong communities.

In *Gymnastics*, you can develop strength, flexibility, and coordination and have fun doing it! Classes last one hour, and the benefits last a lifetime. Besides skills, gymnastics teach us that commitment reaps reward. We learn to trust and appreciate each other. Our emphasis on caring, honesty, respect and responsibility in gymnastics help us to be better leaders and supporters.



## YOUTH AND TEEN ACTIVITIES

Youth Health & Fitness Center  
3:30-8:00pm daily  
*Exercise with fun!*

AfterSchool Club-  
Mon-Fri. 3-6pm  
*Games, swim, homework*

Karate  
Basketball Leagues  
Swimming Lessons  
Swim Team  
Recreational Swim  
Gymnastics Lessons  
Rhythmic Gymnastics  
Strength Training— *15 yrs and up*

## Assistance with Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

## Rights Reserved

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

## YMCA of Glendale

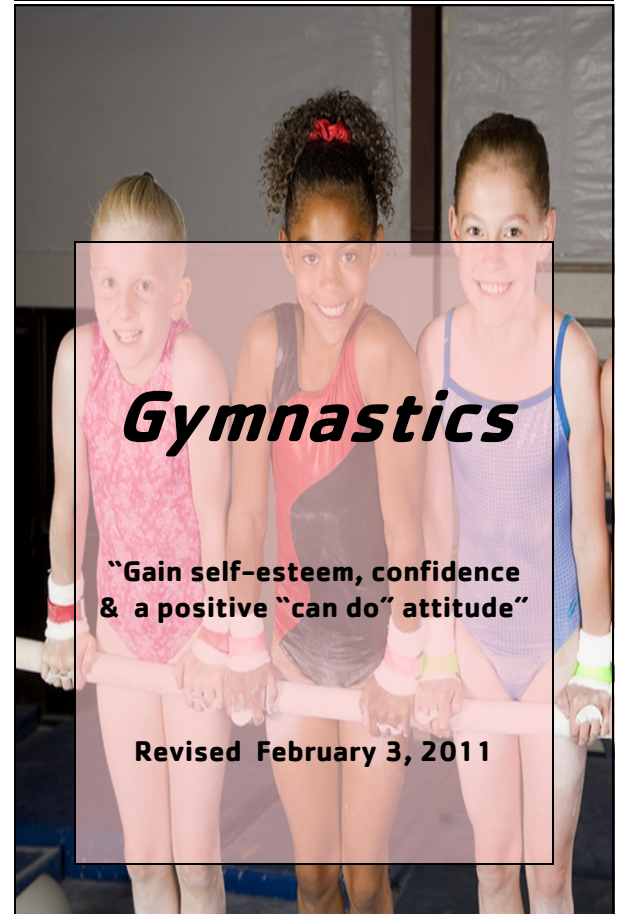
### Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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# YGYMNASTICS™

We build strong kids, strong families, strong communities.



## *Gymnastics*

**"Gain self-esteem, confidence  
& a positive "can do" attitude"**

**Revised February 3, 2011**

We Build Strong Kids,  
Strong Families, Strong Communities.

# YMCA Glendale

**Your Family Place**

## GYMNASTICS

SESSIONS BEGIN THE FIRST DAY OF THE MONTH. EACH SESSION CONSISTS OF 8 CLASSES FOR TWICE A WEEK OR 4 CLASSES FOR ONCE A WEEK.

### PARENT-TOT 1-3 YR. OLDS

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 a wonderful bonding time for parent and child.

**Non Member Fee \$25.00/month**  
**Wed 10:00 to 11:00**

**Free with Family Plus Membership**

### KINDERGYM

These classes are especially designed for children between 3 and kindergarten age. Beginning gymnastics skills are to introduce spatial awareness, listening skills, basic tumbling and balance.

Twice a week - \$50.00 a month  
Once a week - \$35.00 a month

#### 3 Year Olds

Sat. 10:00 am-10:45 am

#### 4 - 6 Year Olds

Sat. 10:30 am-11:15 am

#### Beginners:

Mon. & Wed. 5:30 - 6:15 pm

Tues. & Thurs 4:30 - 5:15pm

Saturday 10:30 - 11:15pm

#### Intermediate:

Tues. & Thurs. 3:30 - 4:15 pm

#### Advanced: \$65.00 per mo.

Mon. & Wed. 4:30 - 5:30 pm

**Needs instructor's approval.**

### BOYS, GRADES 1-8

Boy's Gymnastics teaches basic floor work, vault, bars, rings, trampoline and pommel horse.

Twice a week - \$65.00 a month.  
Once a week - \$40.00 a month.

#### Roller Boys

##### Beginners

Tues. & Thurs. 4:30 - 5:30 pm

Saturday 10:30 - 11:30 am



#### Swinger Boys

##### Intermediate

Tues. & Thurs. 5:30 - 6:30 pm

Must have instructor approval.

### GIRLS, GRADES 1-8

Girl's Gymnastics teaches floor work, vault, bars, beams and trampoline.

Twice a week - \$65.00 a month.  
Once a week - \$40.00 a month.

#### Roller Girls (Beginners)

Mon. & Wed. 5:30 - 6:30 pm

Tues. & Thurs. 4:30 - 5:30 pm

Saturday 10:30 - 11:30 am

#### Swinger Girls (Intermediate)

##### Needs instructor's approval.

Tues. & Thurs. 3:30 - 4:30pm

#### Kipper Girls (Intermediate - Advanced)

Twice a week - \$80.00 for a month

Mon. & Wed. 3:30 - 5:30 pm

## GYM TEAM

### Girls

**Level 3** \$100.00

Mon./Wed. 3:30 - 5:30pm

Friday 5:00 - 7:30pm

**Level 4** \$100.00

Tues/ Thurs/ Fri. 5:00 - 7:30 pm

**Level 5** \$110.00

Mon/Tue/Thurs/Fri. 5:00 - 7:30 pm

### Boys

**Boys Level 3** \$85.00

Mon/Wed 4:30 to 5:30 pm

Saturday 9:30 to 11:30 pm

**Preteam, Level 4 & 5** \$130.00

Mon/Wed/Fri. 4:30 - 6:30pm

**Level 6 & up** \$140.00

Tue/Thurs/Fri/Sat. 5:30 - 8:00pm

## RHYTHMIC GYMNASTICS

### Beginners

Tues. & Thurs. 4:00 to 6:00pm \$85.00 a month

5:30 to 7:30pm \$85.00 a month.

### Intermediate

Tues, Thurs, Fri & Sat.

4:00 to 6:00 pm \$115.00 a month

5:30 to 7:00pm \$115.00 a month.

### Team

Mon, Wed., Fri & Sat

5:00 - 8:00pm \$160.00 a month

Sat. 10:00 to 1:00pm \$160.00 a month

### Little Stars

Monday - Wednesday 3:30 to 4:30 PM \$65.00

## Introduction to Gymnastics

Monday and Wednesday 4:00 to 5:00 pm

Ages Seven to Ten Years

Gymnastics Center

**Free with Family Plus Membership**