



YOUTH & RECREATION GYMNASTICS

UPDATED: September 15, 2020



STAFF CONTACTS

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REGISTRATION BEGINS ON MONDAY, AUGUST 24 SESSIONS

FALL 1

September 14 – October 18

Fall 2 information will be available starting Friday, October 2. Fall 2 session will begin on Monday, October 19.

COVID-19 INFORMATION

- Please monitor your children/family for symptoms of COVID-19. Your child should stay home if any symptoms are observed.
- Staff and gymnasts 5 years and older are required to wear a mask. Exemptions include but not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures in place. Equipment will be disinfected after each rotation and between every class.
- Gymnasts must have a water bottle and backpack for personal belongings.
- Viewing area is closed at this time. Drop-off and pick-up for classes will be at the emergency door to the gymnastics center by the Salvation Army parking lot.
- An Informational welcome letter will be made available the Wednesday before the start of the session, by visiting our website at www.spymca.org, click on the Programs tab, Gymnastics, and then on the Parent Information button.

PROGRESSIVE GYMNASTICS

BEGINNERS (AGES 5 YEARS & UP)

This introductory class, formerly **ROLLERS**, is intended to be the first in a series of progressions to aid your young gymnast in developing balance, strength, flexibility, and respect for the beauty and power of this sport. No experience needed. **Children must be 5 years of age by September 1.**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Beginners	Gymnastics Center	5 years & up	TUE	4:15 PM	5:15 PM	\$30	N/A

INTERMEDIATES (AGES 5 & UP WITH COACHES' CONSENT ONLY)

The second class, formerly **SPINNERS**, in a series of progressions for your young gymnast. A higher level of skill on all equipment is the focused, along with flexibility.

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Intermediates	Gymnastics Center	5 years & up	WED	4:15 PM	5:15 PM	\$30	N/A

ADVANCED (AGES 5 YEARS & UP WITH COACHES' CONSENT ONLY)

This third class in our progressive series and is created for the gymnast who is focused, completed Beginner and Intermediate classes and has excelled in the sport. A skill-oriented class where the gymnast has attempted to master their fundamental skills and are ready to be challenged at a higher level. Gymnasts will be placed in either competitive or noncompetitive groups. **Register for this class if previously enrolled in Recreational Gymnastics, Pre-team or have been give coaches consent.**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Advanced	Gymnastics Center	5 years & up	TUE	5:45 PM	7:15 PM	\$35	N/A

COMPETITIVE TEAM GYMNASTICS

- **LEVEL PLACEMENT:** At the Y, our gymnastic coaches care about safety and well-being of your child. Every gymnast is tested throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quite quickly while others may spend a year or more in each level. Both are quite normal and should not be a cause for concern. If you have any questions regarding your child's placement, please contact Kristy Bridenhagen, Gymnastics Director.

GIRLS' TEAM LEVEL 2 & UP (FALL SESSION - WITH COACHES' CONSENT ONLY)

The Y Gymnastics' Competitive Team is comprised of level 2-10, in and Xcel Levels. Team members work on skills, conditioning and dance for U.S.A. Gymnastics Compulsory and Optional Routines. Our Gymnastics team offers gymnasts opportunities to excel in a safe, enthusiastic, and motivating environment. The impact that being part of a team has on an individual lasts a lifetime. Through a team environment, many friendships and bonds are formed. Team participation promotes sharing, cooperation, and compromise. Team members boost self-esteem by setting and achieving goals while acquiring new skills. Our team gymnasts have established a reputation of being honest and responsible whether they are competing out of town or in their own gym. Our team prides themselves not only on their gymnastic skills but also on their unparalleled commitment to excellence in school and community. Acceptance to team is by invitation only. You must be a current Y member to participate. September 14, 2020–August 15, 2021

IN PERSON REGISTRATION ONLY

Fee includes: **L2&3 Choose either Mon/Thu or Wed/Fri option,**

Open Gymnastics included - days TBD

Class Name	Location	Age	Day	Start	End	Y Member
Level 2/3	Gymnastics Center	5 years & up	MON/THU	4:15 PM	6:15 PM	\$74/month
Level 2/3	Gymnastics Center	5 years & up	WED	5:45 PM	7:45 PM	\$74/month
Level 2/3	Gymnastics Center	5 years & up	FRI	4:15 PM	6:15 PM	\$74/month

Class name	Location	Age	Day	Start	End	Y Member
Level 4/5/6/Xcel	Gymnastics Center	5 years & up	MON/THU	6:45 PM	8:45 PM	\$74/month

PRIVATE LESSONS- COMPETITIVE TEAM LEVELS ONLY

You are able to purchase one hour of private team instruction at a time. Please purchase your private lesson at Member Services, then contact Theresa Christianson, Gymnastics & Youth Sports Coordinator to set up your private lesson. Present your receipt to the coach at your private lesson.

By appointment only

Y Members Only: \$35/hour