

RULES & POLICIES

- No jeans or jean shorts permitted.
- No jewelry.
- Hair must be tied back away from face.
- Participants must be bare foot while on equipment.
- Girls: Leotards or unitards; no tights.
- Boys: T-shirts or tanktops with gym shorts or sweat pants; no buttons or zippers.
- Youths under 12 years must have an adult guardian in the facility at all times.
- Classes start and end on time, please be prompt.
- Children are allowed on the equipment during class time only.
- Children not enrolled in a class must be supervised at all times & sit against the walls.
- Siblings/Friends may not participate in classes without being signed up.
- No running or playing allowed in the gym.
- Parents are not allowed on the gym floor where equipment is set up.
- Y membership cards must be shown at the Welcome Center.
- Payments are due before your child may participate.
- Registration for the following month begins on the 20th for both Facility and Community members.
- For children not pre-registered, proof of payment must be provided at beginning of the class.
- No refunds or credits will be given once classes are in session. Credit will only be given with a doctor's note.

We thank you for following these guidelines, as they ensure that safety precautions are observed for everyone.

MAKE-UP POLICY

One make-up class is allowed during the month the child is registered in class.

Please call the coordinator to make arrangements for the make-up class.

Exceptions may be granted in emergencies. Supervisor must be contacted during the month the child is registered.

Classes and teams follow the USAIGC Program



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENSURE A BRIGHTER FUTURE



YOUTH GYMNASTICS WINTER 2012

Effective January 4th

Contact Information

Annie Azizian
Gymnastics Supervisor
(818) 790-0123, ext. 246
aazizian@ymcafoothills.org

Crescenta-Cañada Family YMCA
www.ymcafoothills.org

GYMNASTICS (AGES 1 - 5)

PARENT / TOT

Tot I (1 - 2 Yrs. with Parents)

A perfect bonding class for Parents and Tots with games, songs and exploration of equipment. This class encourages fitness from the earliest ages.

T/Th 9:30 - 10:15 am

Tot II (2 - 3 Yrs. with Parents)

For the development of both fine and gross motor skills and socialization for your child. Musical instruments add to the fun!

T/Th 10:30 - 11:15 am

KINDERGYM

(3-5 years)

Gymnastic basics are taught including forward/backwards rolls, swing bars, walking on raised beam, jumping skills, building arm strength & endurance.

M/W 9:30 - 10:15 am
2:00 - 2:45 pm *New*
3:00 - 3:45 pm
4:00 - 4:45 pm
T/Th 9:30 - 10:15 am
10:30 - 11:15 am
2:00 - 2:45 pm *New*
4:00 - 4:45 pm

PARENT/TOT & KINDERGYM FEES

2 Days per Week: Facility Member \$ 47.00
Program Member \$ 63.00

Please Note: There is a minimum of 4 students per class. Parent/ Tot and KinderGym students join classes based on age. Progressive gymnastics students are tested and selected to advance based on skill level.

CO-ED PROGRESSIVE GYMNASTICS (5 YEARS AND OLDER)

LEVEL 1

This is a beginner level class where the students will learn basic skills on 4 Olympic events: vault, uneven bars, balance beam and floor exercise. These skills will help develop strength, flexibility, coordination and confidence.

M/W 3:30 - 4:30 pm
4:30 - 5:30 pm
T/TH 3:30 - 4:30 pm
4:30 - 5:30 pm
F 3:30 - 4:45 pm
4:30 - 5:45 pm

LEVEL 2

This is an advanced beginner class emphasizing the development of more difficult skills on each apparatus.

M/W 3:30 - 4:30 pm
T/TH 3:30 - 4:30 pm
4:30 - 5:30 pm
F 3:30 - 4:45 pm
4:30 - 5:45 pm

LEVEL 3

This is an intermediate level class encompassing the development of more advanced skills on the vault, uneven bars, balance beam as well as floor exercise.

M/W 4:30 - 5:30 pm
T/TH 4:30 - 5:30 pm

PROGRAM FEES

Facility Member \$ 60.00
Program Member \$ 85.00

FRIDAY FEES:

Facility Member \$ 49.00
Program Member \$ 69.00

Financial Assistance Available

GYMNASTICS TEAM

COPPER/BRONZE

This class is for Team Level proficiency. Classes three days per week:

M/W/F 3:30 - 6:00 pm

Facility Member Only \$135.00

LEVEL 4

This is an advanced level class which prepares the students to move up to Pre-Team. Difficult skills are learned on all apparatuses.

T/TH 3:30 - 5:30 pm

Facility Members Only: \$91.00

CHEER/DRILL/DANCE

Learn the fundamentals of cheerleading and drill. Hip hop and dance choreography will make this a high energy class. Ages 7 and up. Located in Studio 2.

Mondays/Wednesdays, 4:30 - 5:30 pm, Studio 2
Facility Member: \$60.00 Program Member: \$72.00

