



TWIN LAKES FAMILY YMCA GYMNASTICS 2014-2015 SCHOOL YEAR SCHEDULE



SEPTEMBER 6, 2014 – MAY 15, 2015

Registration Begins: April 26, 2014 for YMCA Family Members / May 17, 2014 for Community Members

PRESCHOOL - CO-ED CLASSES					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Tiny Tots (16mo-3yrs)	11:30-12:20pm	3:30-4:20pm			9:30-10:20am
Flippin For Fun (3-4yrs)	9:30-10:20am	10:30-11:20am 4:30-5:20pm		3:30-4:20pm	10:30-11:20am
CO-ED CLASSES					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Co-Ed 4-5 yrs	10:30-11:25am	11:30-12:25pm			11:30-12:25pm
Co-Ed 6-9 yrs					11:30-12:25pm
Co-Ed 10+ yrs				6:30-7:25pm	
Homeschool				1:30-2:25pm	
GIRLS *BEGINNER* LEVEL 1 - RADICAL ROOKIES					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Girls (4-5 yrs)	3:30-4:25pm 5:30-6:25pm	3:30-4:25pm 5:30-6:25pm		3:30-4:25pm	
Girls (6-9 yrs)	3:30-4:25pm 4:30-5:25pm	3:30-4:25pm 6:30-7:25pm	3:30-4:25pm	4:30-5:25pm 5:30-6:25pm	
GIRLS LEVEL 1 - SHOOTING STARS					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Girls (4-5 yrs)	4:30-5:25pm	5:30-6:25pm			
Girls (6-9 yrs)	3:30-4:25pm 5:30-6:25pm	4:30-5:25pm	3:30-4:25pm	5:30-6:25pm 6:30-7:25pm	
GIRLS LEVEL 2 - RAZZLE DAZZLES					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<i>Girls - with coach's approval</i>		4:30-5:25pm 6:30-7:25pm		5:30-6:25pm 6:30-7:25pm	
GIRLS *ADVANCED* LEVEL 2 - HIGH FLYERS					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<i>Girls- Only available by coach placement</i>					
BOYS *BEGINNER* LEVEL 1 - TOUGH TUMBLERS					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Boys (4-5 yrs)		4:30-5:25pm		5:30-6:25pm	
Boys (6-9 yrs)		6:30-7:25pm		4:30-5:25pm	
BOYS LEVEL 1 - CHAMPS					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Boys (4-5 yrs)			3:30-4:25pm		
Boys (6-9 yrs)			4:30-5:25pm		
BOYS LEVEL 2 - MIGHTY MITES					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Boys - with coach's approval		5:30-6:25pm			
CHEERLEADING/TUMBLING					
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
All Star Cheer Minis (4-7 yrs)	3:30-4:25pm			4:30-5:25pm	10:30-11:25am
All Star Cheer Mighties (8+ yrs)		5:30-6:25pm			
Tumbling 1 (4-7 yrs)	4:30-5:25pm			3:30-4:25pm	
Tumbling 2 (8+ yrs)	5:30-6:25pm	6:30-7:25pm			
Intermediate Tumbling - <i>with coach's approval</i>	6:30-7:25pm				
Advanced Tumbling - <i>with coach's approval</i>	6:30-7:25pm				

Contact the director for information on our competitive cheer and gymnastics teams

MONTHLY FEES (September – May)

Class Attendance	Registration Fee	YMCA Member	Community Member
Recreational (1 day/wk.)	\$25 or \$40/Family	\$48/mo.	\$62/mo.
Recreational (2 day/wk.)	\$25 or \$40/Family	\$96/mo.	\$124/mo.

*10% discount if bank drafting via credit card or checking account. * Pro-Rated fees for registration at mid-month

GENERAL INFORMATION

- * Participant may begin program at any time.
- * Proper attire MUST be worn at all times.
- * Days & times subject to change due to low enrollment.
- * Financial Assistance is available.

For Questions or to schedule an evaluation contact:
Mickie Vasquez – Gymnastics, Dance & Cheer Administrator
512.250.9622 / mvasquez@ymcawilliamsonco.org

MISSED CLASSES & HOLIDAYS

- NO refunds for missed classes or holiday closings. Our classes are based on a yearly calendar. Holidays & months with extra weeks are included in the calendar. If you miss a class other than a holiday in any month, you may make-up that class in Open Gym ONLY. You are limited to 1 make-up class per month. Make up classes for missed classes due to weather related closures are not guaranteed.

 (initial required) Payment is due by the first of each month. A \$25 late fee will be assessed after the 5th day of the month and the participant will not be allowed to participate until all fees are paid.

 (initial required) \$30 processing fee will be assessed for all rejected drafts and the participant will not be allowed to participate until all fees are paid.

 (initial required) Anyone wishing to drop must submit form by the 5th of the month prior to month you wish to drop. *Example: If you want to drop in May you must turn in a drop form before/by April 5th.*

 (initial required) There is a \$10 transfer fee for changing class days and/or times unless moved by instructor.

Participant's Name: _____ Sex (M/F): _____ Age: _____ DOB: ____/____/____

TINY TOT CLASSES ONLY Co-Participant's Name: _____ Sex ____ Age: _____ DOB: ____/____/____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Best Contact Number: _____

Parent/Guardian Name: _____

Emergency Contact & Relationship: _____ Phone #: _____

Medical Condition, etc.: _____

Class: _____ Day: _____ Time: _____

PARENT / GUARDIAN'S ACKNOWLEDGEMENTS

PERMISSION FOR TRANSPORTATION: The YMCA Staff has my permission to transport my child to and from program location in the event of an emergency. I understand reasonable precautions will be taken to ensure the safety and supervision of my child.

MEDICAL WAIVER: In the event that my child requires emergency medical treatment and I cannot be reached, I hereby authorize the YMCA Staff to make arrangements to transport my child to the nearest hospital / emergency medical facility. I give my consent for any and all necessary medical treatment, if, in fact my child requires the attention of a physician.

WAIVER: I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether located on YMCA property or not.

PHOTO RELEASE: I give my consent for pictures taken of my child involved in YMCA programs to be used for future YMCA marketing or display. **YES / NO INT: _____**

REFUND / TRANSFER POLICY: I understand that the YMCA has a NO REFUND policy. Details of the policy are available at the Member Services Desk.

PARENTS / GUARDIAN ACKNOWLEDGEMENT: This is to acknowledge that I have read and agree to the above information. **INT required: _____**

PARENT SIGNATURE: _____ DATE _____

*TINY TOT CO-PARTICIPANT SIGNATURE: _____ DATE _____

Office use only: _____ Staff Initials \$ _____ Amount Paid ____/____/____ Date 1415G

Class Descriptions

If your child has attended class in the past and received a report card, please refer to the level suggested for the next season of gymnastics. If your child has attended gymnastics elsewhere or you believe they may be qualified for a higher level, please contact the gymnastics administrator for a free evaluation.

Tiny Tots

The Tiny Tots class is designed specifically for toddlers and their parents! In this class parents and children work together to increase the child's attention span, special awareness and motor skills. In this class we will accomplish these goals with group time, puzzles, obstacle courses and so much more. During this class children will learn while they climb, jump, roll, toss and tumble. **Classes are 45 minutes.**

Flippin' For Fun

The Flippin' For Fun class is designed to give your child independence! In this class children work to increase their confidence, improve their listening & processing skills, and continue to grow their motor skills. Your child will practice their ABC's, counting forwards and backwards, and develop their cognitive skills during class as they stretch, jump, swing & flip. Social development improves as well as they learn to share & wait their turn. **Classes are 45 minutes.**

Radical Rookies (Girls 4-5 yrs or Girls 6-9 yrs – Beginning Level 1)

This class might be a child's first experience in the world of gymnastics and we make it fun and challenging. Our curriculum teaches your child basic gymnastics skills and simple tricks on our "kid friendly" equipment designed to make learning fun and safe. The class focuses on enhancing basic body movement, coordination, and muscle development through physical activities such as hopping, skipping, jumping, and stretching. **Classes are 55 minutes.**

Shooting Stars (Girls 4-5 yrs or Girls 6-9 yrs – Level 1) **Prerequisite – Must have a coach recommendation**

Shooting Stars is a class designed for Level 1 gymnasts who have already been introduced to gymnastics and have a firm grasp of their basic skills. There is a higher level of maturity required for Shooting Stars classes so that time is spent perfecting skills previously learned & working on new skills to prepare for the level 2 test rather than discipline. This is a difficult level and may be repeated multiple times before advancing due to new USAG guidelines. **Classes are 55 minutes**

Razzle Dazzles (Girls- Level 2) **Prerequisite – Must have coach recommendation to register for Razzle Dazzles**

Children will learn intermediate skills and gain confidence while using special and standard gym apparatus. The class focuses on independent movement, muscle control, and body awareness adding more use of the high beam and bars to develop form and concentration. **Classes are 55 minutes.**

High Flyers (Girls Advanced Level 2) **Prerequisite – Must have coach recommendation to register for High Flyers**

This class is an advanced level 2 class for those who are preparing to become a part of the competitive gymnastics team. Higher level skills are taught with an emphasis on conditioning so that these difficult skills can be achieved. Attendance is very important and additional strength building exercises/classes is encouraged. **Classes are 55 minutes.**

Tough Tumblers (Boys 4-5 yrs or Boys 6-9 yrs - Beginning Level 1)

This class might be a child's first experience in the world of gymnastics and we make it fun and challenging. Our curriculum teaches your child basic gymnastics skills and simple tricks on our "kid friendly" equipment designed to make learning fun and safe. The class focuses on enhancing basic body movement, coordination, and muscle development through physical activities such as hopping, skipping, jumping, and stretching. This is a progressive class that receives a "Report Card" so that you can watch your child advance. **Classes are 55 minutes.**

Champs (Boys 4-5 yrs or Boys 6-9 yrs - Level 1) **Prerequisite – Must have attended Lil Tykes/Tough Tumblers or coach's recommendation**

Champs is a class designed for Level 1 gymnasts who have already been introduced to gymnastics and have a firm grasp of their basic skills. There is a higher level of maturity required for Champs classes so that time is spent perfecting skills previously learned & working on new skills to prepare for the level 2 test rather than discipline. This is a difficult level and may be repeated multiple times before advancing due to new USAG guidelines. **Classes are 55 minutes**

Mighty Mites (Boys - Level 2) **Prerequisite –Must have coach's recommendation to register for Mighty Mites**

Children learn intermediate skills and gain confidence while using special and standard gym apparatus. The class focuses on independent movement, muscle control, and body awareness. Children are taught skills in sequence and build on more basic skills to develop form and concentration. **Classes are 55 minutes.**

All Star Cheer

Children learn basic tumbling skills and gain confidence while using special and standard gym apparatus. The class focuses on independent movement, muscle control, and body awareness while learning proper cheer technique. Your cheerleader will learn cheers, motions, jumps and stunts. The proper attire for this class is workout shorts and a t-shirt. Tennis shoes are optional. No jeans will be allowed. **Classes are 55 minutes.**

Tumbling

Children learn basic tumbling skills and gain confidence. Tumbling classes focus on independent movement, muscle control, and body awareness. This class is a great addition to cheer. It consists of time on the floor & on the tumble track. Other apparatus may be used for conditioning. **Classes are 55 minutes.**

Rules and Policies for Gymnastics, Tumbling & Cheer

Refunds

There are **no** refunds for missed classes.

Missed Classes

Your child/children have a place reserved for them in their specified class. If classes are missed they will not be deducted from tuition or refunded. See make up policy.

Make-ups

If your child misses a class, they may attend an Open Gym class to serve as a make up. Please contact the Gymnastics Administrator to advise the date that your child will be attending Open Gym. There is a limit of one make up class per month. Refer to the Six Week Open Gym registration form for times.

Parental viewing policy

To limit distractions and for the safety of the athletes, only participants and coaches are allowed in the gym during classes. There will be scheduled events which allow for parent viewing and picture taking. Please refrain from coaching or talking to your child through the window of the gym or from entering the gym to speak with them during class. This is for your child's safety. This is both a distraction for your child and disrespectful to the coach of your child. If you have questions or concerns about your child's class you are more than welcome to speak with your child's coach after class. If you need further assistance please contact the Administrator. **NOTE: For the safety of our participants, please no flash photography.**

What should my child wear to Gymnastics, Tumbling or Cheer?

Proper attire must be worn at all times. This is for the safety of the participant and to ensure a successful class.

Gymnastics

Girls: Leotard (NO leotard with a skirt attached will be allowed.) During cooler weather, girls may wear leggings over their leotard but tights are not allowed.

Boys: Shorts or pants with elastic waist only and a properly fitting t-shirt which must be tucked in.

Tumbling

Shorts or pants with elastic waist and a t-shirt which must be tucked in. Tennis shoes are optional but are not allowed on the TumbleTrak.

No jeans or skirts are allowed.

Cheer

Shorts or pants with elastic waist and a t-shirt which must be tucked in. Tennis shoes are optional but are not allowed on the TumbleTrak.

No jeans or skirts are allowed.

Hair

Everyone with hair that gets in their face must have it pulled back. This is for the safety of the participant. **NOTE: If a participant that does not have their hair pulled back they will be sent back to the parents to find a suitable solution.**

Jewelry

Jewelry is not allowed during class. All necklaces, bracelets, watches & earrings (studs are o.k.) should be left in the lobby during class with a parent. **NOTE: **The Gymnastics Department is not responsible for any lost or stolen jewelry****

Can I drop my child off and leave the Y during their class?

We strongly encourage all parents to stay at the Y during their child's class. **NOTE: Parents with children under 4 years old MUST be present outside of the class in the event a bathroom break is needed for the child.**

How will I know when it is time for my child's class?

All participants will be called into class by a coach. They will announce the start of class and welcome everyone to come in and find a cubby for their belongings. No one is allowed in the gymnastics facility or on the equipment without a YMCA instructor present.

Please be sure your child has had a snack and used the bathroom prior to coming to class. There is a water fountain in the gymnastics facility for water breaks, but no restrooms.