



NEW TAMPA FAMILY YMCA

Preschool & Progressive Gymnastics & Tumbling

Winter 1 January 14th– March 8th, 2019

8 Weeks– One class per week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Toddler Play Day						
Tiny Tumblers Ages: Older 1-3						10-10:55am
Kindergym Ages 4-5					4-5:55pm	10-10:55am
Coed Beginner Ages 6-9	4-4:55pm 5-5:55pm 6-6:55pm		4-4:55pm 5-5:55pm		4-4:55pm	10-10:55am 11-11:55am
Coed Intermediate Ages 6-15	6-6:55pm					11-11:55am
Open Gym Every Friday Night– Free for Members Ages 5-15					6-8:00pm	

Registration is Open Now! Reserve your spot today!

Program Fees	Member	Non-Member
Toddler Play Day	Free	\$5
Tumble Tots/Tiny Tumblers/ Kindergym	\$120	\$200
Coed Beginner	\$120	\$200
Coed Intermediate	\$120	\$200
Tumbling	\$120	\$200
Private Gym	\$35/half-hour \$65/hour	\$50/half-hour \$90/hour

FREE
TRIAL CLASS
 at the
New Tampa Family YMCA
Gymnastic Center
 Exp. 12/31/18.
 Limit one per customer

Class Descriptions

**Registration reserves your spot in one class per week.
Participants will attend the same class every week for 8 weeks.**

Tumble Tots, Tiny Tumblers, and Kindergym: Structured, gymnastics event related classes with warm-up and gymnastics circuits. Child must be comfortable attending class on their own in Tiny Tumblers (age 1-3) and Kindergym (ages 4-5). Tumble tots is a parent/ child class for toddlers of walking age up to 3 years old.

Coed Beginner: Girls begin to learn the basic skills on the four Women's Olympic Events: Vault, Uneven Bars, Balance Beam, and Floor. Flexibility and strength training are an integral part of each class. Class is 55 minutes long.

A= Ages 5 - 9, B= Ages 10 & up

Coed Intermediate: An intermediate class for those who have mastered basic skills and are ready to be challenged with more advanced skills on all four Women's Olympic Events. Classes are 55 minutes long.

Tumbling Class: From basic tumbling to more advanced tumbling skills. Participants will stretch to enhance flexibility, drills to enhance their tumbling skills from beginning to end. Great for those who want to enhance their regular gym or cheer skills. Classes are 55 minutes long.

Open Gym: Each participant is invited to have open play in our gymnastics center. Participants are supervised by safety trained gymnastics staff. Whether you're working on new skills or just bouncing on our trampoline, it's a fun time for all! Ages 5 - 15.

Private Lessons: A one-on-one class focusing on goals of the individual. Offered in half hour and hour sessions. For Private Lessons, fill out a Private Lesson Form at the Welcome Center. An Instructor will contact you to set up your lesson. Ages 5+

Attire: Leotards are preferred for girls. If unavailable, cotton shorts and a T-shirt are acceptable. No shoes or socks in the gym. Hair must be pulled back for girls. Boys should wear shorts and T-shirt.

Class Minimums: If a class has fewer than 3 gymnasts registered, it will be cancelled. All participants will be contacted to switch to another class.

Refunds: You may cancel a class or program prior to the beginning date of the class/program. No refunds, credits or program transfers will be issued on or after the day the program begins. You are reserving time, space, staff and provisions for your child whether or not he or she attends. The YMCA will not refund program fees unless the class is canceled by the YMCA or the participant is unable to attend due to a medical emergency or special circumstance.

Parent Viewing: For the safety of all participants, parents are not allowed inside the Gymnastics Center during classes. This will help minimize distractions and allow for instructors to maximize the space in the center for activity. We appreciate your cooperation and understanding.