

# DO MORE, BE MORE

## ISLANDS YMCA OF COASTAL



The sport of gymnastics is a great way to develop body awareness and coordination, increase confidence and independence, and learn social skills and good sportsmanship. The Islands YMCA gymnastics program is dedicated to producing successful gymnasts by providing a fun, safe and motivating atmosphere that enhances physical and mental well-being while encouraging all gymnasts to reach their full potential. We offer a variety of boys and girls recreational and preschool gymnastics classes. These classes utilize all of the gymnastics equipment and events. Class programs are based on skills as defined by USA Gymnastics. Required skills must be mastered at each level before advancing to the next class. The gymnastics program also offers summer camps, open gym, Parent's Night Out and other special activities throughout the year.

Program fees are session based; classes are a first come, first serve basis. Fees are due by the end of week 5 in each session. Students are guaranteed priority enrollment in the following session, as long as payment is received one week prior to the beginning of the new session. A \$10.00 late fee is applied to any tuition not paid by the first week of the new session and your gymnasts spot will be forfeited. New students may join a session already in progress. Please contact the Gymnastics Office for pricing details or to schedule a free trial class!

### Fall/Winter 2018/2019 Sessions

**Session 1:** August 13, 2018 – September 21, 2018

**Session 2:** September 24, 2018 – November 2, 2018

**Session 3:** November 5, 2018 – December 21, 2018

**Session 4:** January 7, 2019 – February 15, 2019

**Session 5:** February 18, 2019 – April 5, 2019

**Session 6:** April 8, 2019 – May 10, 2019

**\*\*Special Note:** UMC and WIPP are scheduled on a month to month basis following the school year start date\*\*

### Dates to Remember

<b>No Classes:</b>	September 3, 2018 (Labor Day)
	November 19 – 23, 2018 (Thanksgiving Week)
	December 24 – January 4, 2019 (Christmas Holiday)
	January 21, 2019 (Martin Luther King Day)
	March 18-22, 2019 (Spring Break)
	April 19-20, 2019 (Easter)

### Special Activities

**Santa Rama:** during class the week of Dec. 17<sup>th</sup>

**Spring Showcase:** May 11, 2019

**Open Gym:** Sept. 15<sup>th</sup>, Feb. 16<sup>th</sup>, April 13, 2019

**Ninja Gym:** Oct. 20<sup>th</sup>, Nov. 17<sup>th</sup>, March 9, 2019

**Adult Open Gym:** TBA

**Parent Night Out:** TBA

### Pricing

All Sessions	Member	Non-Member
Preschool: UMC, WIPP	\$45.00	
Jumping Jitterbugs & Mighty Munchkins	\$66.00	\$93.00
Hi 5/6, Beginner Girls & Boys & Tumbling	\$85.00	\$116.00
Adv. Beginner Boys & Girls	\$90.00	\$121.00
Intermediate Girls & Pre-Team Boys	\$154.00	\$193.00
Advanced Intermediate	\$185.00	\$230.00
Ninja Gymnastics & Open Gym	\$15.00 per day	\$25.00 per day
Preschool Open Gym	\$10.00 per day	\$15.00 per day

Islands Family YMCA

66 Johnny Mercer Boulevard

Savannah, GA 31410

P: (912) 897-1192 W: [www.ymcaofcoastalga.org](http://www.ymcaofcoastalga.org)

1/30/18 Revised

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PRESCHOOL CLASSES</b>	<b>Jumping Jitterbugs</b>		10:00-10:45				
	<b>Mighty Munchkins</b>	3:45-4:30 3:45-4:30	11:00 - 11:45	10:00 – 10:45 3:45 – 4:30	10:45-11:30 3:45-4:30		9:00-9:45
	<b>United Methodist</b>			1:00-1:45			
	<b>WIPP</b>		12:15-1:00				
<b>GIRLS RECREATION</b>	<b>Hi 5/6</b>	4:15 – 5:15	4:00 – 5:00	3:45 – 4:45	4:15 – 5:15		10:00-11:00
	<b>Beginner</b>	6:30 – 7:30	5:15 – 6:15	5:15 – 6:15	4:00 – 5:00		
	<b>Advanced Beginner</b>	5:15 – 6:15	5:45 – 6:30	6:15 – 7:30	5:30 – 6:45		
	<b>Intermediate A</b>		4:00 – 5:30		4:00 – 5:30		
	<b>Advanced Intermediate A</b>	6:30 – 8:00		6:30 – 8:00			
<b>BOYS RECREATION</b>	<b>Beginner</b>				5:30 – 6:30	3:45-4:45	
	<b>Advanced Beginner</b>	3:45 – 5:00		3:34 – 5:00			
	<b>Pre-Team</b>	5:00 – 6:30		5:00 – 6:30			
<b>ADDITIONAL CLASSES</b>	<b>Tumbling</b>			7:00 – 8:00			
	<b>Preschool Open Gym</b>			11:00 – 12:00			

**Jumping Jitterbugs** 45 minutes (1 class per week)

Jumping Jitterbugs is for 18 months up to 3 years old. Parents are asked to assist their child. Children develop their body control and movement coordination through gymnastics obstacle courses.

**Mighty Munchkins** 45 minutes (1 class per week)

Children age 3-4 years old participate in the Mighty Munchkins preschool class. The class helps to develop motor skills through the use of obstacle courses and also teaches about colors, shapes, and counting.

**Beginner Boys** 1 hour (1 class per week)

This class introduces the six men's competitive events: vault, high bar, pommel horse, parallel bars, rings and floor exercise. The class focuses on body awareness and works progressions for the basic skills on each event.

**Advanced Beginner Boys** 1 hour 15 minutes (1 class per week)

The Advanced Beginner Boys class continues the skill progressions introduced in the Beginner class while emphasizing correct technique and building strength.

**Pre-Team Boys** 2 hours (twice weekly invite only)

This class is designed as a preparation for USAG Level 4 of the competitive program. Gymnasts continue to develop their strength and flexibility while beginning to learn the skills required for Level 4.

**Open Gym** 2 hours (Dates TBA) Supervised workout time in the gym for children 5 & up to develop gymnastics skills that athletes want to work in a fun and safe environment.

**Ninja Gymnastics** 2 hours (Dates TBA) of supervised challenging ninja training.

Students age 11 & up will develop physical fitness through obstacle courses, gymnastics and physical fitness. It will develop fitness, coordination and self-confidence.

**Beginner Girls and Hi 5/6** 1 hour (1 class per week)

The beginner class is a fun introduction to the four women's competitive events. The class focuses on body awareness and begins progressions for the basic skills on each event. The Hi 5/6 class follows the same lesson plans as the Beginner class but is reserved for 5 and 6 year olds.

**Advanced Beginner Girls** 1 hour 15 minutes (1 class per week)

The Advanced Beginner Girls class continues the skill progressions introduced in the Beginner or Hi 5/6 classes with emphasis on correct technique while developing greater strength and flexibility.

**Intermediate Girls** 1.5 hours (twice weekly)

The Intermediate class helps gymnasts continue the skill progressions introduced in earlier classes and develop greater strength and flexibility.

**Advanced Intermediate Girls** 2 hours (twice weekly invite only) This class is designed as a preparation for USAG Level 2 of the competitive program. Gymnasts continue to develop their strength and flexibility while beginning to learn the skills required for Level 2.

**Tumbling** 1 hour (1 class per week)

The tumbling class (for both boys and girls) teaches proper tumbling skill progressions while building strength, flexibility and confidence. Skills include handstands, cartwheels, round-offs back handsprings.

**Adult Open Gym** 2 hours (Dates TBA) Supervised workout time in the gym for adults ages 18 & up to learn or practice gymnastics skills.

**Preschool Open Gym** 1 hour of supervised open workout for children ages 2 ½ - 5 years old. Parents will join child in open gym time while playing on set obstacle courses that develop motor skills and coordination.

