

OUR PROGRAM

We help children develop the self-esteem, coordination and social skills necessary to grow. Our program focuses on group, co-ed interaction and teamwork in a safe and structured atmosphere. We strive to encourage social development, listening and emphasize gymnastic skills.

You may register for multiple days of the same class.

Please note that classes may be canceled if enrollment minimum is not met.

Location: We are located at the Salem YMCA in the Mat room on the 3rd floor.

To Register: Come to the Registration or Membership Desks at the YMCA or register over the phone at 503-581-9622 ext. 0 and pay with a credit/debit card.

**Payment is due upon registration.*

For questions or comments, please call the Youth Sports office at: 503-399-2763.

Salem Family YMCA
685 Court St NE
Salem, OR 97301

Salem Family YMCA Gymnastics



Winter Session 2010
10 Weeks
January 4-March 13, 2010

YGYMNASTICS™

We build strong kids, strong families, strong communities.

Classes

Baby Gymnastics

Ages 6 months-2 years

Focus on group interaction, body movement, hand-eye coordination and basic tumbling.

Tuesdays 2:00-2:30pm 6:00-6:30pm
 Wednesdays 9:15-9:45am 11:00-11:30am
 Thursdays 9:15-9:45am 11:00-11:30am

\$35.00 YMCA members \$45.00 Non-members

Tumble Tykes

Ages 3-4

Focus on gross and fine motor skills, hand-eye coordination, tumbling, bar & beam

Tuesdays 2:45-3:30pm
 Wednesdays 10:00-10:45am 4:00-4:45pm
 Thursdays 10:00-10:45am 3:00-3:45pm
 Fridays 6:00-6:45pm

\$65.00 YMCA members \$75.00 Non-members

CARTWHEEL KIDS

Ages 5-6

Focus on strengthening tumbling skills, cartwheels, round-offs, bar and beam.

Tuesdays 3:45-4:30pm
 Thursdays 4:00-4:45pm
 Fridays 3:45-4:30pm 6:00-6:45pm

\$65.00 YMCA members \$75.00 Non-members

MINI-STARS

Ages 7-12

Focus on hand springs, cartwheels, body strength, bar and beam.

Tuesdays 4:45-5:45pm
 Wednesdays 3:45-4:45pm
 Fridays 4:45-5:45pm

\$65.00 YMCA members \$75.00 Non-members

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|---|-------------------------------------|---|----------|
| | | 9:15-9:45am Baby Gymnastics | 9:15-9:45am Baby Gymnastics | | |
| | | 10:00-10:45am Tumble Tykes | 10:00-10:45am Tumble Tykes | | |
| | | 11:00-11:30am Baby Gymnastics | 11:00-11:30am Baby Gymnastics | | |
| | | | | | |
| | 2:00-2:30pm Baby Gymnastics | 1:45-2:30pm Tumble Tykes | | | |
| | 2:45-3:30pm Tumble Tykes | 2:45-3:30pm Tumble Tykes <i>(Child Care only)</i> | 3:00-3:45pm Tumble Tykes | 2:45-3:30pm Tumble Tykes <i>(Child Care only)</i> | |
| | 3:45-4:30pm Cartwheel Kids | 3:45-4:45 Mini-Stars | 4:00-4:45 Cartwheel Kids | 3:45-4:30pm Cartwheel Kids | |
| | 4:45-5:45pm Mini-Stars | | | 4:45-5:45pm Mini-Stars | |
| | 6:00-6:30pm Baby Gymnastics | | | 6:00-6:45 Tumble Tykes & Cartwheel Kids Combo | |