

## Pre-School Co-Ed

**Parent & Tot (2-3 years old with parent)** Age as of class start date. Ratio 7:1. Participants in Parent & Tot classes must have an adult with them at all times to assist their child in class. Only children enrolled in the gymnastics program are allowed in the gym during class time. These classes are designed for a 1:1 ratio of parent to child.

**Pre-School (3-4 years old)** Age as of class start date. Children learn the basics of movement, group dynamics and beginning gymnastics. The program emphasizes real gymnastics exercises based on the Olympic events. Child must be fully toilet trained.

## Youth Recreational Classes (4-18 years old)

We offer all Olympic events for girls and boy ages 4-18 years old. Our program is designed to develop sound learning progressions in a safe, friendly atmosphere. Children will be grouped by age and skill level. Our USA Gymnastics safety certified staff are trained to teach all levels of gymnastics abilities. A skill level evaluation on the first day ensures proper placement by age and skill ability.

Lessons follow standard format thereafter. Class Ratio 7:1.

- Beginner: Little or no knowledge of gymnastics.
- Intermediate: Understanding of gymnastic skills, and able to perform certain skills (i.e. cartwheel, handstand, bridge)
- Advanced: Clear understanding of all competitive gymnastic events which are vault, bars, beam, floor and able to perform skills at all events.

**Boys Only (6-10 years old) Beginner class** – little or no experience in gymnastics. Should be able to perform forward roll, bridge and L-hold on bars. **Intermediate class** – must be able to perform basics skills; backward roll, handstand, round-off, chin hold on bars.

### Ninja Warrior (5 years and up)

Participants will jump, climb, traverse, and swing over and on everything! It is a combination of gymnastics, parkour and ninja obstacles that help develop core strength, agility, speed, reaction time and balance. Students will learn to connect moves as well as combine flipping, landing and hanging.

### Young Adults (13+ years) Non-Competitive.

Designed to motivate beginner gymnasts and to encourage our advanced participants to enhance and maintain skills.



## Tumbling Only Classes!

These classes are designed to teach fundamentals of tumbling skills. For the cheerleader or tumbler, more advanced students will work on aerials, back handfalls and back tucks, conditioning and motion training.

**Tumble & Cheer (3-4 years old)**

**Tumble for Boys (3-4 years old)**

**Tumbling Co-Ed (6-10 / 11-18 years old)**

**Adult Tumbling Co-Ed (18 years old & over)**

The class is designed for the adult gymnasts to hone their tumbling skills in a controlled and safe environment.

**Scarsdale Tumbling & Cheer** A unique collaboration with Scarsdale Varsity and Modified Cheer.

## Advanced Invitational Classes

Participants are evaluated prior to enrollment. Pre-approval is required.

**Advanced Preschool Class (4-5 years old)** For the toddler who demonstrates focus and determination with advanced skills.

**YW Starz (8 - 11 years old) Girls only, two-hour intensive class.** Girls must exhibit strength, flexibility, dedication and focus. Participants at this level work on competitive level skills potentially leading them to a competitive team or an older invitational group.

### Non-Competitive Pre-Team (Level 1 / Level 2)

Pre-team introduces the participant to a more structured gymnastics program (more intensive than recreational) for students who have demonstrated above average ability, strength and motivation. Pre-team introduces the basic skills and concepts of Jr. Olympic progressions. A year-long evaluation will determine whether or not the gymnast may be promoted to the next level. Additional fees: may apply.

**(A) = A Gym** (enter 3rd floor/double doors near water fountain)

**(B) = B Gym** (enter 3rd floor near Peace Site)

# Gymnastics Schedule Spring 2017

	Day	Time	Code	members	non
<b>Gymnastics Classes</b>					
<b>Preschool Parent/Tot Co-Ed (2-3 years old)</b>					
A	Saturday	9:00-9:45am	GYS1P2	\$297	\$341
A	Sunday	9:00-9:45am	GYU1P2	\$297	\$341
<b>Preschool Co-Ed (3-4 years old)</b>					
A	Monday	4:00-4:50pm	GYM3P3	\$297	\$341
A	Wednesday	12:30-1:20pm	GYW1P3	\$324	\$372
A	Wednesday	2:45 - 3:35 pm	GYW2P3	\$324	\$372
A	Wednesday	4:00-4:50pm	GYW3P3	\$324	\$372
A	Thursday	12:30-1:20pm	GYH3P3	\$324	\$372
A	Thursday	1:50-2:40pm	GYH1P3	\$324	\$372
A	Friday	4:00-4:50pm	GYF1P3	\$324	\$372
A	Saturday	10:10-11:00am	GYS1P3	\$297	\$341
A	Sunday	10:00-10:50am	GYU1P3	\$297	\$341
<b>Youth Co-Ed (4-5 years old)</b>					
B	Monday	4:00-5:00pm	GYM1G5	\$319	\$363
B	Tuesday	4:00-5:00pm	GYT1G5	\$348	\$396
B	Wednesday	5:10-6:10pm	GYW1G5	\$348	\$396
B	Thursday	4:00-5:00pm	GYH1G5	\$348	\$396
B	Friday	4:00-5:00pm	GYF1G5	\$348	\$396
B	Saturday	11:10-12:10pm	GYS1G5	\$319	\$363
B	Sunday	11:10-12:10pm	GYU1G5	\$319	\$363
<b>Youth Girls (6-7 years old)</b>					
A	Monday	5:10-6:10pm	GYM1G7	\$319	\$363
B	Tuesday	4:00-5:00pm	GYT1G7	\$348	\$396
B	Tuesday	5:10-6:10pm	GYT2G7	\$348	\$396
A	Wednesday	4:00-5:00pm	GYW1G7	\$348	\$396
A	Thursday	4:00-5:00pm	GYH1G7	\$348	\$396
A	Friday	5:10-6:10pm	GYF1G7	\$348	\$396
B	Saturday	12:30-1:30pm	GYS1G7	\$319	\$363
A	Sunday	12:30-1:30pm	GYU1G7	\$319	\$363
<b>Youth Girls (8-10 years old)</b>					
A	Monday	5:10-6:10pm	GYM1G0	\$319	\$363
A	Tuesday	5:10-6:10pm	GYT1G0	\$348	\$396
A	Wednesday	5:10-6:10pm	GYW1G0	\$348	\$396
A	Thursday	5:10-6:10pm	GYH1G0	\$348	\$396
A	Friday	5:10-6:10pm	GYF1G0	\$348	\$396
A	Saturday	12:30-1:30pm	GYS1G0	\$319	\$363
A	Sunday	12:30-1:30pm	GYU1G0	\$319	\$363
<b>Ninja Warrior Class Co-Ed</b>					
B	Thursday (12+)	5:10-6:10pm	GYH1PK	\$348	\$396
B	Friday (3-4 yrs)	1:50 -2:40pm	GYF1PK	\$348	\$396
B	Friday (8 -11yrs)	6:15 -7:15pm	GYF2PK	\$348	\$396
B	Saturday (5-7yrs)	11:10 - 12:10	GYS1PK	\$319	\$363

**Spring 2017 Session:** March 20 - June 18, 2017

No class dates: April 10 - 16; May 27-29

	Day	Time	Code	members	non-member		
<b>Youth Boys Beginner (6-10 years old)</b>							
B	Monday	4:00-5:00pm	GYM1B6	\$319	\$363		
B	Friday	4:00-5:00pm	GYF1B6	\$348	\$396		
<b>Youth Boys Intermediate (6-10 years old)</b>							
B	Monday	5:10-6:10pm	GYM1B8	\$319	\$363		
B	Friday	5:10-6:10pm	GYF1B8	\$348	\$396		
<b>Youth Co-Ed (11-13 years old)</b>							
A	Monday	5:10-6:10pm	GYM1G1	\$319	\$363		
A	Tuesday	5:10-6:10pm	GYT1G1	\$348	\$396		
A	Wednesday	5:10-6:10pm	GYW1G1	\$348	\$396		
A	Thursday	5:10-6:10pm	GYH1G1	\$348	\$396		
A	Friday	5:10-6:10pm	GYF1G1	\$348	\$396		
A	Saturday	1:45-2:45pm	GYS1G1	\$319	\$363		
<b>Young Adult (13+ years old, co-ed)</b>							
A	Monday	6:15 - 7:45	GYM1AD	\$396	\$451		
A	Friday	6:15 - 7:45	GYF1AD	\$432	\$492		
<b>Tumbling Classes</b>							
<b>Preschool Tumbling for Boys (3-4 years old)</b>							
A	Friday	1:50-2:40pm	GYF1TB	\$324	\$372		
<b>Preschool Tumble &amp; Cheer Co-Ed (3-5 years old)</b>							
(A)	Wednesday	3:00 - 3:50 pm	GYW1TC	\$324	\$372		
<b>Youth Tumbling Co-Ed (6-10 years old)</b>							
(A)	Monday	6:15 - 7:15 pm	GYM1TB	\$319	\$363		
<b>Youth Tumbling Co-Ed (11-18 years old)</b>							
(B)	Wednesday	6:30 - 8:00 pm	GYW1TB	\$432	\$492		
(A)	Saturday	1:30 - 3:00 pm	GYS1TB	\$396	\$451		
<b>Adult Tumbling Co-Ed (18+ years old) <i>no class: 5/ 5</i></b>							
(B)	Fridays	7:20 - 8:15pm	GYF1AT	\$341*	\$385*		
<b>Scarsdale Varisty Cheer</b>				Fridays	GY2TB	\$432	\$492
<b>Scarsdale Modified Cheer</b>				Fridays	GY3TB	\$432	\$492
<b>Advanced Classes</b>							
<b>YW Starz Girls (up to 12 years old) membership required</b>							
(A)	Monday	4:15 - 6:15 pm	GYM1GY	\$407			
(A)	Wednesday	4:15 - 6:15 pm	GYW1GY	\$444			
(A)	Thursday	4:15 - 6:15 pm	GYH1GY	\$444			
(B)	Friday	6:15 - 8:15 pm	GYF1GY	\$444			
<b>Advanced Preschool (4-5 years old)</b>							
B	Monday	4:00 - 5:00pm	GYM1P3	\$319	\$363		
B	Thursday	1:50 - 2:50pm	GYH2P3	\$348	\$396		