



# gymnastics

Winter 2018

## WINTER PROGRAM GUIDE

AT YWCA WHITE PLAINS & CENTRAL WESTCHESTER

eliminating racism  
empowering women

**ywca**

White Plains & Central Westchester

## Preschool:

**Parent and Tot 2-3 yrs:** Offered to ages 12 months and up and run 45 minutes. In these classes, we help parent and child work together in a playful, fun atmosphere to develop the child's hand-eye coordination, body awareness, build strength, agility and flexibility while learning basic gymnastic skills. We use music, games and fun props to create an enjoyable experience for both parent and child.

**3-4 yrs:** Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music.

## Youth & Young Adult:

**4-5 yrs:** Gymnasts will focus on core strength, arm strength, and the coordination necessary to learn headstands, handstands, cartwheels and forward rolls - the fundamental building blocks of almost all gymnastics skills.

**6-7, 8-10 yrs, Young Adult (Teen):** Students are registered into correct age group and then divided within the class based on skill. All recreational classes are designed to be a continuation of skills and growth from the previous enrolled class.

**Boys Beginner/Boys Intermediate:** Build strength, speed, and coordination and gymnastics skills on all the Men's apparatus.

**Ninja Warrior:** Through games and challenges, our Ninjas will learn to control their bodies and minds. Athletes in this class will have FUN as they gain strength, exercise problem solving strategies and learn to focus their mental and physical energy on overcoming obstacles. Tunnels, bars, rings, ropes and ramps will create awesome and unique challenges each week as your ninja gains confidence in a safe and supportive environment.

**Tumbling:** Our all tumbling class allows athletes to perfect the skills they need to succeed in cheerleading, gymnastics and dance. Round-off, back handsprings, and back tucks as well as a strong foundation of strength, flexibility, and gymnastics basics.



## Invitational Classes:

*Students are evaluated first before they could register. They need to be recommended to be evaluated.*

**Comets (formerly level 1):** Based on Level 1/2 and Copper Levels.

Skills include but are not limited to:

- Vault – Proper running, Handstand Flat back onto Mat Stack
- Bars – Pullover, Back Hip Circle, casting
- High Beam –  $\frac{3}{4}$  Handstand, leaps, turns
- Floor – Cartwheels, Round-Offs, Walk-overs, Rolls, Handstands, Dance

**Novas (formerly level 2):** Based on Level 2/3 and Copper Levels.

Skills include but are not limited to:

- Vault – Proper running, Handstand Flat back onto High Mat Stack
- Bars – Pullover, Back Hip Circle, strong cast, Under swing Dismount, Mill Circle
- High Beam –  $\frac{3}{4}$  to Full Handstand, leaps, dance, Side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance

**Starz:** Based on  $\frac{3}{4}$  and Bronze Levels.

Skills include but are not limited to:

- Vault – Handstand Flat back onto High Mat Stack, Front Handspring over the table
- Bars – Back Hip Circle,  $20^\circ$  above the bar cast, Under swing Dismount, Front Hip Circle, Mill Circle, Kip
- High Beam – Full Handstand, leaps, split jumps, dance, side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance, Connecting skills

**Warriors (New!):** Based on  $\frac{4}{5}$  and Bronze Levels.

Skills include but are not limited to:

- Vault – Front Handspring over the table
- Bars – Back Hip Circle,  $45^\circ$  above the bar cast, Front Hip Circle, Kip, Long Hang Kip
- High Beam – Full Handstand, Cartwheel, Round off, walkovers, leaps, split jumps, dance, side Handstand  $\frac{3}{4}$  Dismount
- Floor – Round-Off back handspring back tuck, Walk-overs, Rolls, Handstands, Handsprings, and Dance

## Competitive Teams:

**Tumblettes (USA Gymnastics)**

• **Level 2-5 Compulsory Teams:** All gymnasts master the same routines and skills before moving to the next competitive level.

• **Level 6-10 Optional Teams:** Routines are individualized for each gymnast while using the particular requirements needed for the level.

**Aerials (USA Independent Gymnastics Clubs)**

• **Copper, Bronze, Silver, Gold, Platinum:** The USAIGC Program offers a broad-based, optional competitive experience outside the traditional Jr. Olympic Program

**Winter 2018 Session:** Dec. 4 - Mar. 18

No class dates: Dec. 24-31; Jan. 15; Feb. 19-25

Gymnastics Competition: Winter Solstice, December 15-17 - no classes all day

Preschool	Parent/Tot Co-Ed (2-3 years old)		
Saturday	10:00-10:50am no class 12/16	GYS1P2	\$324/\$372
Sunday	9:00-9:45am no class 12/17	GYU1P2	\$297/\$341

Preschool	Co-Ed (3-4 years old)		
Monday	4:00-4:50pm	GYM3P3	\$297/\$341
Wednesday	12:30-1:20pm	GYW1P3	\$351/\$403
Wednesday	4:00-4:50pm	GYW3P3	\$351/\$403
Thursday	12:30-1:20pm	GYH3P3	\$351/\$403
Thursday	1:50-2:40pm	GYH1P3	\$351/\$403
Friday	4:00-4:50pm	GYF1P3	\$351/\$403
Saturday	10:00-10:50am no class 12/16	GYS1P3	\$324/\$372
Sunday	10:10-11:00am no class 12/17	GYU1P3	\$297/\$341

Youth	Co-Ed (4-5 years old)		
Monday	4:00-5:00pm	GYM1G5	\$330/\$374
Tuesday	4:00-5:00pm	GYT1G5	\$390/\$442
Wednesday	5:05-6:05pm	GYW1G5	\$390/\$442
Thursday	4:00-5:00pm	GYH1G5	\$390/\$442
Friday	4:00-5:00pm	GYF1G5	\$390/\$442
Saturday	11:10-12:10pm no class 12/16	GYS1G5	\$360/\$408
Sunday	11:10-12:10pm no class 12/17	GYU1G5	\$330/\$374

Youth	Girls (6-7 years old)		
Monday	5:05-6:05pm	GYM1G7	\$330/\$374
Tuesday	4:00-5:00pm	GYT1G7	\$390/\$442
Tuesday	5:05-6:05pm	GYT2G7	\$390/\$442
Wednesday	4:00-5:00pm	GYW1G7	\$390/\$442
Thursday	4:00-5:00pm	GYH1G7	\$390/\$442
Friday	5:05-6:05pm	GYF1G7	\$390/\$442
Saturday	12:15-1:15pm no class 12/16	GYS1G7	\$360/\$408
Sunday	12:15-1:15pm no class 12/17	GYU1G7	\$330/\$374

Youth	Girls (8-10 years old)		
Monday	5:05-6:05pm	GYM1G0	\$330/\$374
Tuesday	5:05-6:05pm	GYT1G0	\$390/\$442
Wednesday	5:05-6:05pm	GYW1G0	\$390/\$442
Thursday	5:05-6:05pm	GYH1G0	\$390/\$442
Friday	5:05-6:05pm	GYF1G0	\$390/\$442
Saturday	12:15-1:15pm no class 12/16	GYS1G0	\$360/\$408
Sunday	12:15-1:15pm no class 12/17	GYU1G0	\$330/\$374

Young Adult	Co-Ed (11+ years old)		
Monday	6:15-7:30pm	GYM1YA	\$396/\$440
Saturday	1:30-2:45pm	GYS1YA	\$432/\$480

Youth	Boys Beginner (6-10 years old)		
Monday	4:00-5:00pm	GYM1B6	\$330/\$374
Friday	4:00-5:00pm	GYF1B6	\$390/\$442

Youth	Boys Intermediate (6-10 years old)		
Monday	5:05-6:05pm	GYM1B8	\$330/\$374
Friday	5:05-6:05pm	GYF1B8	\$390/\$442

Ninja Warriors	Co-Ed		
Thursday 5-7 yrs	5:05-6:05pm	GYH1NW	\$390/\$442
Friday 8-10 yrs	5:05-6:05pm	GYF1NW	\$390/\$442
Friday 11+ yrs	6:10-7:10pm no class 12/15	GYF2NW	\$360/\$408
Saturday Open Age 5+ yrs	11:10-12:10pm no class 12/16	GYS1NW	\$360/\$408

Tumbling Classes	Co-Ed		
Monday 6 - 10 yrs	6:10-7:10pm	GYM1TB	\$330/\$374
Wednesday 11-18 yrs	6:15-7:45pm	GYW1TB	\$468/\$520
Friday 18+ yrs	7:20-8:15pm no class 12/15	GYF1AT	\$385/\$429
Saturday 11-18 yrs	1:30-3:00pm no class 12/16	GYS1TB	\$432/\$480

**Invitational Only, Non-Competitive, Membership Req.**

Advanced Preschool	(3-5 years old)		
Monday	4:00-5:00pm	GYM1AP	\$330
Thursday	1:50-2:50pm	GYH1AP	\$390
Friday	4:00-5:00pm	GYF1AP	\$390

Comets	(Formerly level 1)		
Wednesday	4:00-5:00 pm	GYW1CO	\$390
Sunday	1:30-2:30pm no class 12/17	GYU1CO	\$330

Novas	(Formerly level 2)		
Tuesday	4:10-6:10pm	GYT1NO	\$390
Friday	4:10-6:10pm	GYF1NO	\$390

Stars			
Monday	4:10-6:10pm	GYM1GY	\$396
Wednesday	4:10-6:10pm	GYW1GY	\$468
Thursday	4:10-6:10pm	GYH1GY	\$468
Friday	6:15-8:15pm no class 12/15	GYF1GY	\$432

Warriors (NEW!)			
Monday	6:15-7:45pm	GYM1WA	\$396
Wednesday	6:15-7:45pm	GYW1WA	\$468



# GYMNASTICS

## Come Tumble with us!

Director.....(914) 949-6227 x 200  
Program Office.....x 125  
Team Head Coach .....x 137

The year-round gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics, tumbling and includes an 8,000 square feet air-conditioned gymnasium with fall floor, trampoline, overhead spotting belts and 40 foot Tumbletrack.



The program stresses safety and fun, with opportunities for all to participate-from youngest to oldest. We are a member of USA Gymnastics. Coaches and instructors are USA Gymnastics and safety certified.

**USAG waiver required for participation in all gymnastics programs.**

### Gymnastics Policy:

1. For the safety of all children and instructors, and to limit distractions, the doors to the gym will be closed after warm-up. Viewing windows allow parents to watch classes from the dressing room area. Parents are invited into the gym during Observation Week.
2. Staff availability may affect class status. Classes require at least 3 participants.
3. No strollers or infant carriers are allowed in the gym.
4. Two make-ups are allowed for the Parent & Tot groups and Preschool classes only. Please contact the office ahead of time to schedule.
5. There are no make-up classes for any of the Youth drop off programs.
6. There are no credits or refunds for cancellations due to inclement weather. See General Information page for full credit/refund policy.
7. A doctor's note must be provided prior to returning to class for any injury.

### Dress Code:

#### Girls

Dress in sweats, shorts, T-shirt or leotard. Bare feet, hair tied up, no jewelry. Leotards are available for purchase in the gymnastics office.

#### Boys

Shorts, T-shirt and bare feet. No jeans or belts.

### Wacky Wednesdays!

Drop your child off for an afternoon of supervised gymnastics, games & fun! Children must be fully toilet trained, no diapers or pull-ups.

**Ages 3 - 5 yrs.**                      **Wed: 02/07/18, 06/06/18**                      12:30 - 2:30pm                      \$30/\$40 per day

### FUNtastic Fridays

Gymnastics, tumbling, a movie, games and pizza. Enjoy an evening out while your children have fun with their friends at the YWCA!

**Ages 5 yrs and up**                      **Fri: 2/09/18, 6/08/18**                      6:30 - 10:00pm                      \$40/\$50 per day

### Vacation Camps

Join us for a half day of gymnastics during school break.

**Ages 6 yrs and up & Tiny Tots Ages 3-5 yrs**                      **12/26 - 12/29/17, 02/20 - 02/23/18, 04/02 - 04/06/18**                      12:00 - 3:00pm                      \$55/\$60 daily  
\$210/\$230 week

### Open Gyms

Participants are invited to attend our new open gym slots! Work on new tricks and master your skills!

**Ages 7 yrs and up**                      **Sat: 01/06/18, 02/10/18, 04/14/18, 06/02/18**                      3:15 - 4:45pm                      \$25/\$30 per day