



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRETCH YOUR LIMITS!

Coed Gymnastics
TWIN LAKES FAMILY YMCA

- Bank-drafted program. Drafts on 1st of month.
- There will be a \$15 Registration Fee per child.

ymcagwc.org

Cultivating gymnasts in a fun and safe environment with an emphasis on building positive self-esteem

- Full class descriptions and times can be found on the reverse side of this flyer registration form.
- Questions? Contact Taylor Wilhelm at 512-615-7437 or twilhelm@ymcagwc.org

GYMNASTICS

Program Class Descriptions & Information

PRESCHOOL

FLIPPIN' FOR FUN

Ages: 3-4yrs (Co-Ed)

The Flippin' for Fun class is designed to give your child independence! Children learn class structure, following directions and listening, processing skills, cooperating, and continuing to grow their fine motor skills. Our curriculum teaches your child basic gymnastics skills on our "kid friendly" equipment designed to make learning fun and safe.

Classes are 45 minutes.

DEVELOPMENTAL

Ages: 4-5 yrs (Co-Ed)

This class prepares children for our Beginner Class by introducing children to basic body positions, beginning tumbling, and instruction in gymnastics terminology. Students will build the fundamentals building blocks needed to progress through the more advanced skills. All gymnastic equipment is utilized including balance beam, bars, TumbleTrak, and spring floor. Classes are 55 minutes

BEGINNER TUMBLING

Ages: 6+ yrs (Co-Ed)

This class is designed to develop beginner tumbling skills such as forward and backwards rolls, handstands, bridges, cartwheels and backbends, back handsprings. The only equipment used is the floor and trampoline, as the primary focus of this class is the floor exercise and tumbling skills. Classes are 55 minutes

BEGINNER CHEER

Ages: 6+ yrs

Our Beginner Cheer class will focus on laying a strong foundation for their cheerleading future, whether it being all-star cheerleading or sideline cheering. We will teach proper motion placement, jump technique, basic dance moves, basic tumbling. Classes are 55 minutes

PROGRESSIVE

BEGINNER

**Ages: 4+ yrs
(Co- Ed)**

Our curriculum teaches your child basic gymnastics skills needed to progress throughout the more advanced levels within the sport. This class focuses on enhancing body awareness, coordination, and muscle development through the use of dynamic lesson plans. Students must have a working knowledge of skill requirements and demonstrate the desire to learn and function within a structured, team-like environment.

Classes are 55 minutes.

INTERMEDIATE

Ages: 6+ yrs

This class is designed for Level 2 gymnasts that have demonstrated the maturity and dedication needed to advance through the sport to the higher levels. Children will utilize strength training and greater emphasis will be placed on form and technique. Time will be spent perfecting skills rather than just having the ability to complete them.

***Instructor authorization needed to enroll in class.**

Classes are 55 minutes

ADVANCED

Ages: 6+ yrs

This is a group of children that not only show great potential but also demonstrate the desire to pursue gymnastics at a more advanced pace. Structured training includes advanced training on all the gymnastics apparatus (Vault, Bars, Beam, and Floor/Tumbling) and intensive strength training. *Instructor authorization needed to enroll in class.

***Instructor authorization needed to enroll in class.**

Classes are 55 minutes.

BOYS GYMNASTICS

Ages: 6+yrs

This class is just for boys! Your child will learn the basics and fundamentals of men's gymnastics. The class will focus on strength training, rings, mushroom, bars and tumbling. Classes are 55 minutes.

TWIN LAKES FAMILY YMCA YEAR-ROUND GYMNASTICS

Classes	Ages	Day	Time	Member Fee	Non-Member Fee	Selection
FFF	3-4 YEARS	MONDAY	9:30-10:15A	\$52/mo.	\$70/mo.	
		TUESDAY	9:30-10:15A	\$52/mo.	\$70/mo.	
		SATURDAY	9:00-9:45A	\$52/mo.	\$70/mo.	
DEVELOPMENTAL	4-5 YEARS	MONDAY	10:30-11:25A	\$52/mo.	\$70/mo.	
		TUESDAY	10:30-11:25A	\$52/mo.	\$70/mo.	
		SATURDAY	10:00-10:55A	\$52/mo.	\$70/mo.	
BEGINNER	4-5 YRS (CO-ED)	MONDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
			5:00-5:55P	\$52/mo.	\$70/mo.	
		TUESDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
			6:00-6:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		THURSDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
6:00-6:55P	\$52/mo.		\$70/mo.			
BEGINNER	6-8 YRS GIRLS ONLY	MONDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
			5:00-5:55P	\$52/mo.	\$70/mo.	
		TUESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
			6:00-6:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
		THURSDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
5:00-5:55P	\$52/mo.		\$70/mo.			
BEGINNER	9+YRS GIRLS ONLY	MONDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
		TUESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		THURSDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
		SATURDAY	11:00-11:55A	\$52/mo.	\$70/mo.	
INTERMEDIATE*	6-8YRS GIRLS ONLY	MONDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
		TUESDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
			6:00-6:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
		THURSDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
6:00-6:55P	\$52/mo.		\$70/mo.			
INTERMEDIATE*	9+ YRS GIRLS ONLY	TUESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		THURSDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
ADVANCED*	6+ YRS	MONDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	6:00-6:55P	\$52/mo.	\$70/mo.	
BOYS GYMNASTICS	6+ YRS	MONDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		WEDNESDAY	4:00-4:55P	\$52/mo.	\$70/mo.	
BEGINNER TUMBLING	6+	WEDNESDAY	5:00-5:55P	\$52/mo.	\$70/mo.	
		SATURDAY	11:00-11:55A	\$52/mo.	\$70/mo.	
BEGINNER CHEER	6+	WEDNESDAY	6:00-6:55P	\$52/mo.	\$70/mo.	

*-MUST HAVE COACHES APPROVAL TO ENROLL IN CLASS.

TWIN LAKES FAMILY YMCA YEAR-ROUND GYMNASTICS REGISTRATION FORM

NAME OF CHILD: _____ GENDER: _____ AGE: _____ D.O.B.: _____

ADDRESS: _____

CITY: _____ STATE / ZIP: _____

PARENT/GUARDIAN NAME(S): _____

HOME PHONE: _____ CELL / WORK PHONE: _____

E-MAIL: _____

MEDICAL CONDITIONS: _____

EMERGENCY CONTACT & RELATIONSHIP: _____ CONTACT #: _____

Please INITIAL or ANSWER all lines to indicate received written policies / materials and agree to terms with SIGNATURE below.

_____ ADA Policy (REQUIRED): Parents have the obligation to disclose significant, medical, physical or behavioral issues at the time of the child's enrollment and on an ongoing basis. Due to the large group format of our program, we are unable to provide one-on-one care for any child except on an intermittent basis, such as injuries, immediate disciplinary issues and certain personal care needs customarily provided to other children.

_____ Waiver for Medical Treatment (REQUIRED): In the event that my child requires emergency treatment and I cannot be reached, I hereby authorize the Y to make arrangements to transport my child to the nearest hospital emergency facility. I also give my consent for any and all necessary medical treatment, if, in fact my child require the attention of a physician.

_____ Waiver for Participation (REQUIRED): I understand that Y activities have inherent risks and I hereby assume responsibility for all risks and hazards to my child in the participation of these activities. I further waive, release, absolve, and agree to hold harmless the Y, the organizers, volunteers, supervisors, officers, directors, participants from any claims or injury sustained during my child's use of the facilities or participation in the Y program.

_____ Waiver for Photo / Video / Audio Release (OPTIONAL): I give my consent for any photos, video and/or audio taken of my child involved in Y programs to be used for Y promotions, trainings and/or displays.

_____ Change / Cancellation / Refund Policy (REQUIRED): I understand that changes / cancellations / refunds are not permitted unless a physician's note is submitted stating the inability to complete the class. A program cancellation form must be completed at the Member Services Desk and are allowed at the discretion of the program director.

_____ Bank Draft Policy (REQUIRED): This is a drafted program that will be drafted on the 1st of each month. If you wish to cancel the class, you will need to submit a cancellation form 15 days before your draft.

_____ Additional Notes (REQUIRED): Financial assistance is available for all those who qualify. For any questions, please contact the Twin Lakes Family YMCA at 512-615-7437.

_____ Processing Fee (REQUIRED): \$30 processing fee will be assessed for all rejected drafts and the participant will not be allowed to participate until all fees are paid.

_____ Transfers (REQUIRED): There is a \$10 transfer fee for changing class days and/or times unless moved by an instructor. Transfers are based on availability.

Parent / Guardian Signature: _____ Date: _____

Y STAFF ONLY

1920G

Amt. Paid: _____

Date: _____

Staff Initials: _____