



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PRESCHOOL INTRO TO GYMNASTICS



## Fall Sessions

Fall Session I 2019: Sept 8 - October 19

\*Fall Session II 2019: October 20 - December 7  
(\*no classes Nov 24- 30)

### Tiny Tot (18 mos - 3yrs old)

This class is designed specifically for toddlers and their parents! In this class parents and children work together to increase the child's attention span, spatial awareness and motor skills. We will accomplish these goals through the use of group activities, utilizing games and songs, as we rotate through stations set up on the bars, beam, floor and trampoline. Must be within ratio of one child per adult.

Classes are 45 minutes

### Flippin' for Fun (3-4 yrs old)

The Flippin' for Fun class is designed to give your child independence! In this class children work to increase their confidence, ability to work in a structured environment, and continue to build fine motor skills. Our curriculum includes an emphasis on weight transference, balance and body awareness. We play games and provide fun filled learning obstacles.

Classes are 45 minutes

### Developmental (4-5 yrs old)

This class prepares children for the Beginner level Year-round Progressive program. Your child will be introduced to basic body positioning and gymnastics terminology. Children begin basic tumbling skills, and learn proper techniques using the bars, balance beam, and vault. Stations are centered around fun themes while placing a greater emphasis on form and body placement.

Classes are 45 minutes

**WHEN:** Wednesday and Thursday Mornings

**PRICE:** \$55/YMCA Members  
\$70/Community Members

# TWIN LAKES FAMILY YMCA INTRO TO GYMNASTICS

## Fall I 2019

### Registration Dates

Member Registration begins:  
8/3/19

Non-Member Registration begins:  
8/10/19

### Session Dates

Sept 8 - October 19

## Fall II 2019

### Registration Dates

Member Registration begins:  
9/9/19

Non-Member Registration begins:  
9/16/19

### Session Dates

October 20 - December 7

### Check Desired Class Time & Day:

Tiny Tot	Wed.	9:30 am	_____
	Thurs.	9:30 am	_____
Flippin' for Fun	Wed.	10:30 am	_____
	Thurs.	10:30 am	_____
Developmental	Wed.	11:30 am	_____
	Thurs.	11:30 am	_____

## PARTICIPANTS INFORMATION

PARTICIPANTS NAME \_\_\_\_\_ SEX (M /F) \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT / GUARDIAN NAME \_\_\_\_\_ HM PHONE \_\_\_\_\_ ALT PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT & RELATIONSHIP \_\_\_\_\_ PHONE # \_\_\_\_\_

MEDICAL CONDITION, ETC. \_\_\_\_\_

### PARENT / GUARDIAN'S ACKNOWLEDGEMENTS

**MEDICAL WAIVER:** In the event that my child requires emergency medical treatment and I cannot be reached, I hereby authorize the YMCA Staff to make arrangements to transport my child to the nearest hospital / emergency medical facility. I give my consent for any and all necessary medical treatment, if, in fact my child requires the attention of a physician.

**WAIVER:** I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether located on YMCA property or not.

**PHOTO RELEASE:** I give my consent for pictures taken of my child involved in YMCA programs to be used for future YMCA promotions or display.  
YES: INT \_\_\_\_\_

**REFUND / TRANSFER POLICY:** I understand that the YMCA has no refund policy.

**PARENTS / GUARDIAN ACKNOWLEDGEMENT:** This is to acknowledge that I have read and agree to the above information. INT \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**Y STAFF ONLY**

Program Code: (19FA1) Staff Initials: \_\_\_\_\_ Amount Paid: \$ \_\_\_\_\_

Program Code: (19FA2) Staff Initials: \_\_\_\_\_ Amount Paid: \$ \_\_\_\_\_