



# Gymnastics & Dance

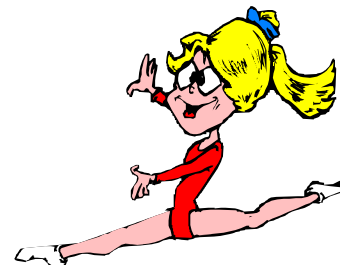
2009 - 2010 Registration Procedures  
Venice Branch

## 12-week sessions

**Fall:** August 31<sup>st</sup> - November 23<sup>rd</sup>

**Winter:** November 30<sup>th</sup> - March 6<sup>th</sup>

**Spring:** March 8<sup>th</sup> - May 29<sup>th</sup>



- Take a **Virtual Tour** at [www.veniceymca.org](http://www.veniceymca.org), programs, gymnastics
- Register via internet at [www.veniceymca.org](http://www.veniceymca.org), by phone at (941) 375-9121, in person at the Venice YMCA gymnastics pro-shop or the YMCA front desk
- Full payment for 12-week session required at time of registration
- The deadline for registration is the Wednesday prior to the session start date - \$10 service fee for any registration accepted after deadline
- Classes will be held on all **NO SCHOOL DAYS** except:
  - Labor Day, Monday, September 7<sup>th</sup> (make-up: Monday, Nov. 23<sup>rd</sup>)
  - Winter Holiday Break (December 21<sup>st</sup> - January 2<sup>nd</sup>)
  - Spring Break (March 29<sup>th</sup> - April 3<sup>rd</sup>)
- Full-day gymnastics camp offered on **NO SCHOOL DAYS**. See page 4 of this brochure for a complete listing.

**Call (941) 375-9121 for more information**



Venice Branch located at 701 Center Road, Venice, Florida, 34285



# GYMNASTICS™

We build strong kids, strong families, strong communities.

Call (941) 375-9121  
Email: [michelle@veniceymca.org](mailto:michelle@veniceymca.org)  
for more information

## PRE-GYM

**Parent and Tot** - This is a special program whereby parent and child (18 - 36 months) work together to build locomotor skills and flexibility in a gymnastics environment. Each class begins with a warm-up and stretch to music. Parents help their children through obstacle courses and basic moves on gymnastics equipment such as the tumble track, pit, balance beams & bars. Class length is 45 minutes, *once per week*.

Program #: -1GMTOT3 - Tuesday 11:15 -1GMTOT1 - Friday 10:15 -1GMTOT2 - Saturday 9:15

**Preschool Classes** - Age 3, 4, & 5 years as of Sept. 1, 2009. These classes meet for 45 minutes, *once per week*. They are designed to help boys and girls develop coordination and physical fitness through basic locomotor and gymnastics skills. Special activities, along with the use of sized-down & some full-sized gymnastics equipment will be geared for each age group.

Program #: -1GMPRE1 - Monday 6:15 (3 - 5 yrs)  
-1GMPRE3 - Tuesday 10:15 (3 - 5 yrs)  
-1GMPRE4 - Thursday 5:15 (3 - 5 yrs)  
-1GMPRE5 - Friday 9:15 (3 - 5 yrs)  
-1GMPRE7 - Saturday 10:15 (3 - 5 yrs)



**NEW! Preschool In Motion** - Age 3, 4 & 5 as of Sept. 1, 2009. These participants will be exercising the mind & body through gymnastics, dance and creative movement. Various techniques will be incorporated to further develop fine motor skills. Class meets Monday, Wednesday & Friday, 9:30 am - 12:30 pm. *Child must be potty trained.* Call the YMCA Gymnastics/Dance office at (941) 375-9121 for fees and payment options.

Cost: \$102 MBR / \$153 NMBR per session

## SCHOOL-AGE GYMNASTICS

**Kindergym** - 5 & 6 year-old boys and girls enrolled in kindergarten, one hour, *once per week*. This class provides a transition from preschool gymnastics to instructional gymnastics. Students work with others their age on building coordination and strength. Proper progressions are followed on all gymnastics events in developing skills and self esteem.

Cost: \$120 MBR / \$180 NMBR per session

Program #: -1GMKNDR1 - Monday 5:00 -1GMKNDR2 - Thursday 6:00

**Girls and Boys Instructional Gymnastics** - Grades 1<sup>st</sup> - 8<sup>th</sup>, one hour, *once per week*. These classes are structured to teach **girls & boys** proper progressions and skills on all gymnastics events. The focus is on building strength, coordination, and self esteem.

Cost: \$120MBR / \$180 NMBR per session

Program #: -1GMINST1 - Monday 5:00 1<sup>st</sup> - 3<sup>rd</sup> grade  
-1GMINST2 - Tuesday 6:30 4<sup>th</sup> - 8<sup>th</sup> grade  
-1GMINST3 - Wednesday 6:30 1<sup>st</sup> - 3<sup>rd</sup> grade  
-1GMINST4 - Thursday 5:00 1<sup>st</sup> - 3<sup>rd</sup> grade

**Progressive Gymnastics** - Grades 1<sup>st</sup> - 8<sup>th</sup>, one hour, *twice per week*. Girls will devote a more concentrated effort to perfecting gymnastics skills and technique. Classes are geared to reinforce basics while introducing new skills. Beginner through ex-team members welcome.

Cost: \$180 MBR / \$270 NMBR per session

Program #: -1GMPROG1 - Mon/Thurs 4:00 1<sup>st</sup> - 8<sup>th</sup> grade  
-1GMPROG2 - Mon/Thurs 6:00 1<sup>st</sup> - 8<sup>th</sup> grade

**Let's Cheer & Tumble** - Grades 1<sup>st</sup> - 5<sup>th</sup>, one hour, *once per week*. Classes geared for boys and girls who have the desire to learn the sport of cheerleading. Each class devotes time to teaching proper technique for jumps, stunts, & motions with emphasis on tumbling skills - beginner through advanced level welcome.

Cost: \$120 MBR / \$180 NMBR per session

Program #: -1GMTCHEER1 - Wednesday 6:30 - 7:30 1<sup>st</sup> - 5<sup>th</sup> grade



**Teen Tumble** - Grades 6<sup>th</sup> - 12<sup>th</sup>, 1 hour and 15 minutes, once per week. This class was created to teach older girls and boys the essentials of tumbling, whether for cheerleading or just for fun and exercise.

Cost: \$142 MBR / \$213 NMBR per session

Program #: -1GMTEEN1 - Thursday 7:00 - 8:15

**Competitive Gymnastics Program** - Home of the Venice Goldstar Gymnastics Team- USAG & AAU member club. Girls participate in level 3 - 8 competitions. Team members are selected by recommendation and tryout only. Call gymnastics director at (941) 375-9121 for more information.

**Competitive Cheerleading Program** - Beginning October 2009. Grades 1<sup>st</sup> and up. Cheer squad will participate in competitions throughout the state of Florida. Cheer team members are selected by recommendation and tryout only. Call cheer/dance coordinator at (941) 375-9121 for more information.

**YMCA Hi-Performers** - This GYMNASTICS & DANCE after school program provides transportation from school, 1-hour of structured class time and 1-hour of homework time on a daily basis. Mon/Thurs gymnastics, Tues & Wed dance; Friday rock climbing, swimming and field trips. Performance and practice attire not included in the monthly fees. Contact Michelle Guy at (941) 375-9121 for more information.

Cost: \$220 per month YMCA members / \$330 per month non-members monthly bankdraft only

**Gymnastics Jamboree** - Friday & Saturday, May 21<sup>st</sup> & 22<sup>nd</sup> in Venice Gymnastics Center. This end-of-the-year gymnastics show gives the gymnasts an opportunity to demonstrate all they have learned during the year. Awards presentation. Family and friends welcome. Free of charge. Show counts as 1 class for Spring session participants.

**REGISTER at [www.veniceymca.org](http://www.veniceymca.org)**

Call 375-9121 or  
Email: [michelle@veniceymca.org](mailto:michelle@veniceymca.org)  
for more information



**Note:** Open registration for Fall & Winter sessions. Registrants for the Spring session MUST have participated 2009-10 and will be expected to participate in the show.

**Pre-Dance** - Age 3, 4, & 5 years as of Sept. 1, 2009. Classes meet for 30 minutes once per week. Girls and boys develop coordination and body awareness through age appropriate activities and creative movement. Basic ballet & jazz steps. Simple dance terminology will be used. *Cost:* \$66 MBR / \$99 NMBR per session

*Attire:* Girls - Black leotard, pink tights and ballet slippers  
Boys - solid white shirt, black shorts and ballet shoes

*Program #:* -1DAPRE1 - Monday 5:40 (3-5 yrs)  
-1DAPRE3 - Tuesday 9:35 (3-5 yrs)  
-1DAPRE4 - Wednesday 5:10 (3-5 yrs)

**Pre-Tap** - Age 3, 4 & 5 years as of Sept. 1, 2009. Classes meet for 30 minutes once per week. Girls and boys develop basic coordination through rhythm, timing and balance with the stimulation of music. *Cost:* \$66 MBR / \$99 NMBR per session

*Attire:* Girls - Black leotard, pink tights and tap shoes  
Boys - solid white shirt, black shorts and tap shoes

*Program #:* -1DAPRE3 - Wednesday 5:45 (3-5 yrs)



**Kinderdance** - 5 & 6 year-old girls & boys enrolled in kindergarten, 50 minutes once per week. This class emphasizes creative movement through the use of basic ballet, jazz and hip-hop techniques. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls - Black leotard, pink tights and black jazz shoes  
Boys - solid white shirt, black shorts and black jazz shoes

*Program #:* -1DAKND2 - Thursday 4:05

**Tap & Jazz I** - Grades 1<sup>st</sup> - 5<sup>th</sup>, 50 minutes once per week. Girls and boys explore the concept of **jazz and tap** with introduction of basic movements and techniques. Flexibility, coordination and rhythm are class objectives. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls - Black leotard, tan tights, black jazz shoes and black tap shoes  
Boys - solid white shirt, black shorts, black jazz shoes and black tap shoes

*Program #:* -1DAYOUTH1 - Monday 4:00 1<sup>st</sup> - 5<sup>th</sup> grade girls  
-1DAYOUTH2 - Wednesdays 6:20 1<sup>st</sup> - 5<sup>th</sup> grade girls

**Tap & Jazz II** - Grades 1<sup>st</sup> - 5<sup>th</sup>, 50 minutes once per week. **Must have 1-year tap & jazz experience.** Skilled dancers continue their training in tap & jazz with a concentration on technique guiding participants toward an intermediate/advanced level. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls - Black leotard, tan tights, black jazz shoes and black tap shoes  
Boys - solid white shirt, black shorts, black jazz shoes and black tap shoes

*Program #:* -1DAYOUTH3 - Monday 4:00 1<sup>st</sup> - 5<sup>th</sup> grade girls

**Ballet** - Grades 1<sup>st</sup> - 5<sup>th</sup>, 50 minutes once per week. These classes are structured to teach **girls & boys** proper ballet technique used for all disciplines of dance. Body and mind are strengthened by building correct posture through challenging sequences and patterns. Classical *barre* is incorporated. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls - Black leotard, pink tights and ballet slippers  
Boys - solid white shirt, black shorts and ballet shoes

*Program #:* -1DABAL1 - Monday 4:50 1<sup>st</sup> - 5<sup>th</sup> grade

**Tap & Ballet** - Grades 5<sup>th</sup> to adult, 50 minutes once per week. These classes are structured to teach proper ballet technique used for all disciplines of dance. Half of the class time will be spent on basic tap techniques and sequences. Body and mind are strengthened by building correct posture through challenging dance patterns. Classical *barre* is incorporated. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls/Women - Black leotard, pink tights, ballet slippers and tap shoes  
Boys/Men - solid white shirt, black shorts, ballet shoes and tap shoes

*Program #:* -1DABAL2 - Monday 6:15 5<sup>th</sup> grade & up (teens/adults welcome)

**Hip Hop** - Grades 1<sup>st</sup> & up, 50 minutes once per week. A high energy class where students learn exciting and appropriate moves and the latest styles. Incorporated are basic pops and locks. Music screened for content. *Cost:* \$86 MBR / \$129 NMBR per session

*Attire:* Girls - White shirt, black jazz pants and hip-hop shoes  
Boys - solid white shirt, black pants and hip-hop shoes

*Program #:* -1DAHIP2 - Thursday 5:05 1<sup>st</sup> - 5<sup>th</sup> grade

**End-of-the-Year  
Dance Production  
Friday and  
Saturday,  
May 28 & 29, 2010**  
Registrants of the  
Spring session **MUST**  
have participated in  
either the **FALL** and/or  
**WINTER** sessions. All  
participants of the  
Spring session will be  
expected to participate  
in the production.



**REGISTER at [www.veniceymca.org](http://www.veniceymca.org)**

## YMCA Dance Academy

Under the direction of Yseult Leger, students will be participating in advanced studies of technical ballet, tap and jazz. Pop and hip-hop will also be incorporated. Participants will be expected to participate in various exhibitions throughout the year. Program length is 9-months (August 31 - May 29). Recommendation by staff or tryout only. Previous dance experience required. Call (941) 375-9121 for program fees and payment options.

*Required attire:* Girls - Black leotard, white tights, black jazz pants, pink ballet slippers, black jazz shoes & black tap shoes  
Boys - White t-shirt, black pants, black shorts, black ballet slippers, black jazz shoes and black tap shoes

*Mondays 7:10 - 8:00 Ballet (pre-pointe), Tuesdays 6-7:30 (choreography: jazz/lyrical), Fridays 6-7:30 Ballet (pre-pointe)*

## No School Day Camps

Gymnastics camp will be held 9 a.m. - 5 p.m. throughout the school-year on days Sarasota County Schools are closed. Early care (7 a.m.) & late care (6 p.m.) will be available for an extra fee.

Program #: -1GMFULLDAY(date)



Friday, October 30  
Wednesday, November 25  
Monday, December 21  
Tuesday, December 22  
Wednesday, December 23  
Monday, December 28  
Tuesday, December 29  
Wednesday, December 30  
Monday, January 18  
Tuesday, January 19  
Monday, February 15  
Friday, March 26  
Monday - Thursday, March 29 - April 1 (Spring Break)

Cost: \$24 per day YMCA members / \$36 per day non-members

## Gymnastics Open Gym

Open Gym will be held on the following designated Friday evenings 7 - 9 pm and Saturday mornings 11 am - 1 pm. Current registered gymnastics participants ONLY ages 6 & up. Cost: \$10 - pay gymnastics staff at time of arrival

**Friday:** September 4  
September 18  
October 2  
October 16  
November 6  
November 20  
December 4  
December 18

January 8  
January 22  
February 12  
February 26  
March 5  
March 19  
April 16  
April 30  
May 14

**Saturday:**

September 12  
September 26  
October 10  
October 24  
November 14  
January 16

January 30  
February 20  
March 13  
March 27  
April 10  
May 8

**Halloween Party**  
Friday, October 30<sup>th</sup> 6 - 8 PM  
Costumes, games & prizes!  
Grades K - 5

## Birthday Parties

### Gymnastics, Dance & Rock Climbing

An hour and 45 minutes of birthday party fun. Choose either a gymnastics, rock climbing or dance party. All parties include the bounce house, invitations, tables, decorated party chair, helium balloons for everyone and extra mylar bouquet for the party gal or guy to take home.

Days/Times: Saturdays and Sundays 12:00, 1:00, 2:00, 3:00, 4:00

Cost: \$110 MBRS / \$165 NMBRS (12 children, \$5 per additional child)

Please call (941) 375-9121 to reserve your spot. \$20 deposit due at time contract is signed.

