



YGYMNASTICS™

We build strong kids, strong families, strong communities.

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

Venice YMCA 2009-2010 Schedule

PRE-GYM

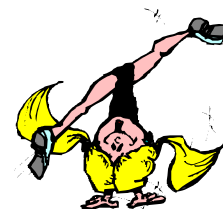
Parent and Tot - This is a special program whereby parent and child (18 - 36 months) work together to build locomotor skills and flexibility in a gymnastics environment. Each class begins with a warm-up and stretch with music. Parents help their children through obstacle courses and basic moves on gymnastics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

Program #: -2GMTOT1 - Tuesday 3:30

Preschool Gymnastics - 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 #: -2GMPRE1 - Tuesday 6:30 (3-5 yrs)

Cost: \$90 MBR / \$135 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: \$108 MBR / \$162 NMBR per session

Program #: -2GMKNDR1 - Tuesday 4:30

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

Cost: \$108 MBR / \$162 NMBR per session

Program #: -2GMINST1 - Tuesday 5:30 1st - 3rd grade
-2GMINST3 - Tuesday 7:30 4th - 8th grade

Birthday Parties - (Venice Gymnastics Center ONLY) Have a gymnastics birthday party at the Venice gymnastics center and let the YMCA staff do all the work. One hour & 45 minutes of structured birthday fun. Obstacle courses, donut rides, parachute fun, bounce house & much more. Party includes gymnastics instructor, helium balloons for all & special gymnastics invitations. Call (941) 375-9121 to book your party.

Cost: \$120 MBR / \$165 NMBR



YGYMNASTICS™

Englewood Branch YMCA 2009 - 2010 Registration Procedures

12-week sessions

Fall : September 1st - November 17th

Winter : December 1st - March 2nd

Spring: March 9th - May 25th

- Register at Englewood YMCA front desk, online at www.veniceymca.org, by phone at (941) 375-9121
- 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:
Sarasota County Winter Holiday Break (December 21st - January 2nd)
Sarasota County Spring Break (March 29th - April 3rd)
- End-of-the-year Gymnastics Show on Sunday, May 23rd



Englewood Branch located at 701 Medical Blvd, Englewood, Florida, 34223