



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LICKING COUNTY FAMILY YMCA WINTER/SPRING 2018

Winter Session

Jan 8–Feb 24

Registration:

Full Member: Mon, Dec 18

Non-Member: Wed, Dec 20

Spring I Session

Feb 26–Apr 14

Registration:

Full Member: Mon, Feb 19

Non-Member: Wed, Feb 21

Spring II Session

Apr 23–Jun 9

Registration:

Full Member: Mon, Apr 16

Non-Member: Wed, Apr 18



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



GYMNASTICS

Licking County Family YMCA gymnastics programs are designed to provide a safe, nurturing environment for children and youth to develop gymnastics skills as well as the four YMCA core values of caring, honesty, respect, and responsibility. We teach kids to tumble, run, jump, and twist in our gymnastics programs. From 12 months old and up, kids learn movement skills, fine and gross motor skills, tumbling skills and advanced gymnastics elements in our progressive-based classes. Gymnasts who are ready to take their skills to the next level can become part of our competitive gymnastic team where competition and winning are kept in healthy perspective by building self-confidence and team spirit.

| | Member | Non-Member |
|---------------------------|--------|------------|
| 30 min | \$40 | \$82 |
| 45 min | \$45 | \$87 |
| 1 hour | \$55 | \$97 |
| 1 1/2 hour (once a week) | \$86 | \$127 |
| 1 1/2 hour (twice a week) | \$98 | \$145 |

All classes are designed with the gymnast in mind. Each class includes self-esteem building and positive reinforcement. Registration is required each session. Gymnasts are not guaranteed a spot in the next session.

FOR MORE INFORMATION PLEASE CONTACT:

Dianne Hodge, Gymnastics Director
 dianne.hodge@lcfymca.org
 740-349-9585

PRESCHOOL GYMNASTICS

MOM, POP & ME 1-3 yrs

This 30-minute class is designed for the child and parent.

| | |
|-------|---------------|
| Mon | 10:30-11:00am |
| Tues | 5:00-5:30pm |
| Thurs | 5:30-6:00pm |
| Fri | 10:30-11:00am |

PRESCHOOL GYMNASTICS 3-4 yrs

This 30-minute class is for the child who is ready to participate without a parent.

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|-------|----------------------------|
| Mon | 11:00-11:30am |
| Tues | 5:30-6:00pm |
| Thurs | 5:00-5:30pm 6:00-6:30pm |
| Fri | 11:00-11:30am |

PRESCHOOL PLUS 4-5 yrs

This 45-minute class is for the child who has had some previous gymnastic experience and is ready for a more intensive class.

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|-------|-----------------|
| Mon | 11:30am-12:15pm |
| Tues | 6:45-7:30pm |
| Thurs | 6:30-7:15pm |
| Fri | 11:30am-12:15pm |

SUPERSTARS 4-5 yrs

This 45-minute class is for girls who have advanced through our basic preschool skill set.

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|-------|-----------------|
| Thurs | 5:00-5:45pm |
| Fri | 11:30am-12:15pm |

Superstars Plus (Coach Recommended)

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| Fri | 12:30-1:30pm |
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R.A.T. PACK

(Rowdy Athletic Training) 4-5 yrs Boys

This 45 minute high energy class involves running, jumping and exploring with agility and mobility for preschool age boys only.

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| Mon | 12:15-1:00pm |
| Tues | 6:00-6:45pm |
| Thurs | 6:30-7:15pm |

NINJA GYM 6-12 yrs

This class is designed for both boys and girls. It combines gymnastics tumbling with ninja like moves such as hanging, jumping, swinging, climbing, flipping and bouncing. Participants will increase endurance, agility and flexibility.

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| Thurs | 4:30-5:30pm |
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TEAM PREPARATION GYMNASTICS

Coach Recommended

These classes are designed for gymnasts of all ages who possess the desire and ability to compete. These classes are by coach recommendation. The gymnast must perform certain skills to qualify for each of these levels. Teams are grouped according to skill level, not by age. The gymnast will learn routines for all four/six competitive events. If they become a member of the competitive team (Men's or Women's), they will compete in League Meets, USAG Sanctioned Meets, State, Regional and National Level Championships.

HOT SHOTS 5-8 yrs

PRETEAM Girls 9 yrs & Up Coach Recommended

This class meet twice a week. They are for children with previous experience in gymnastics either in our program or elsewhere.

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| Mon & Wed | 5:00-6:30pm |
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BOY'S SELECT Boys 6 yrs & up Coach Recommended

This class meets once a week for one hour and is a prerequisite for our Competitive Team.

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| Tues | 7:00-8:00pm |
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YOUTH DEVELOPMENT

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PROGRESSIVE YOUTH GYMNASTICS

Youth Progressive Gymnastics Program is for boys and girls ages 5 and up. The Licking County Family YMCA gymnastics program follows the guidelines of the National YMCA Progressive Gymnastics Program and the USA Junior Olympic Gymnastics Program. We work to develop children's coordination, balance, strength, flexibility, and most importantly self-esteem. We focus on safety, encouraging kids to do their best, and to believe in themselves while instilling the YMCA core values of caring, honesty, respect, and responsibility.

YOUNG BASICS 5-8 yrs **Beginner** & **ROLLERS** 9 years and up **Beginner**

This one hour class focuses on coordination, strength and flexibility and is an introduction to gymnastic basics on vault, bars, balance beam and floor.

Young Basics

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|-------|---|
| Tues | 5:30-6:30pm 7:30-8:30pm |
| Thurs | 5:45-6:45pm 6:45-7:45pm 7:00-8:00pm |

Rollers

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|-------|-------------|
| Tues | 7:30-8:30pm |
| Thurs | 5:30-6:30pm |

FLIPPERS 5-8 yrs **Intermediate** & **SWINGERS** 9 yrs and up **Intermediate**

This is a one hour class for intermediate level gymnasts to explore their potential in gymnastics.

Flippers

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|--------------------------|-------------|
| Tues | 6:30-7:30pm |
| Tues (Coach Recommended) | 6:00-7:00pm |
| Thurs | 6:00-7:00pm |
| Thurs | 7:15-8:15pm |

Swingers

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| Tues | 4:30-5:30pm |
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KIPPERS 9 yrs and up **Advanced**

This is an advanced level class that incorporates new skill progressions while gymnasts have fun.

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| Tues | 4:30-5:30pm |
| Tues (Coach Recommended) | 7:00-8:00pm |

MINI STUNTMEN

6 yrs & up

This is a one hour boy's class introducing the basics of men's gymnastics emphasizing flexibility, strength building, agility, and safe landings.

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| Tues | 6:00-7:00pm |
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GYMNASTICS PARTY RENTAL

Plan your next party at the Y. Our Gymnastics Parties are held in our state of the art facility at the Y Newark Mitchell Center. Participants would have access our 60 ft. tumble trak along with a variety of other equipment. Rentals are 2 hours with 1 hour in the gymnastics area and 1 hour on the mezzanine. The Y provides a refrigerator/freezer, as well as a stereo system for your iPad, tablet or phone to play music for the party. Mezzanine may be decorated and the Y will set up the gymnastics area with activities that are age appropriate for the birthday child. The birthday child also receives a birthday party t-shirt.

Rentals are 2 hours: with 1 hour in gymnastics area

For more information please contact
Gymnastics Department 740-349-9585

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SPECIAL GYMNASTICS PROGRAMS

TUMBLE CHEER

6 yrs and up

These classes are offered to both boys and girls and focus on jumps, cheers & tumbling that can be incorporated into cheerleading.

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|--------------------------|-------------|
| Thurs Beginner level | 5:00-6:00pm |
| Thurs Intermediate level | 7:00-8:00pm |

TUMBLING FOR HIGH SCHOOL CHEERLEADING

This class is geared for the high school cheerleader. The primary goal of the class is to build tumbling skills that are required for high school cheerleading, and to prepare for upcoming tryouts.

Cheerleaders will work in progression to learn proper technique and execution of:

- Standing skills: back handspring - back tucks, front tucks, back handsprings to layouts and fulls, and standing fulls.
- Running skills: front handspring - front tuck, aerials, round-off back handspring(s) to layouts and fulls; and combination passes.

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| Thurs | 8:00-9:00pm |
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TRAMPOLINE & TUMBLING Beginner/Intermediate & Advanced

This class offers the Beginner/Intermediate and Advanced tumbler an opportunity to continue to build on their tumbling skills using our spring floor and our 60 foot Tumble Trak.

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|-----------------------------|-------------|
| Thurs (beginning level) | 6:00-7:00pm |
| Thurs (intermediate level)* | 8:00-9:00pm |
| Wed (advanced level)** | 8:15-9:15pm |

* Must have Roundoffs, Back & Front Handsprings

** Coach recommended



HOME SCHOOL GYMNASTICS

If you are interested in Home School Gymnastics please contact the Gymnastics Department at 740-349-9585 about scheduling a day and time. Any class would need a minimum of 5 participants.

ADAPTIVE GYMNASTICS

Adaptive Gymnastics (ages 6-12 yrs) is for school age children with special needs. This half-hour adaptive gymnastics class may require parent participation and will introduce your child to the wonderful world of gymnastics in a structured and safe environment. The emphasis in this class is on motor skills development, body awareness, eye-hand coordination, building confidence and social skills while exploring basic gymnastics.

Wed

4:00-4:30pm



ADULT OPEN GYM

Ages 18 and up

Open Gym time is an unstructured free time for adults. It is a great time to come hang out with friends, train previously learned skills, build strength for cross fit or learn something new. While our staff is not leading the Open Gym they will be available to maintain safety, assist you as needed and to answer any questions you may have. Come join us for a fun, unstructured free time that allows you to be your own coach.

Tues

7:30 - 9:00pm
