



TWIN LAKES FAMILY YMCA GYMNASTICS & CHEER
2009 – 2010 SCHOOL YEAR SCHEDULE
SEPTEMBER 8, 2009 – MAY 29, 2010



Registration Begins: July 25, 2009 for YMCA Family Members / August 1, 2009 for Community Members

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------------------|---|--------------------------------|--------------------------------|---------------|------------------|
| BUDDY & ME (12mo-3 yrs) | | | | 3:30pm-4:15am | | 9:30am-10:15am |
| TUMBLIN' TODDLERS (3-4yrs) | 9:30am-10:15am 3:30pm-4:15pm | | | 5:30pm-6:15pm | | 10:30am-11:15am |
| GIRLS (4-5 yrs) (Level 1-3) | 5:30pm-6:25pm | 9:30am-10:25am 3:30pm-4:25pm | 3:30pm-4:25pm 4:30pm-5:25pm | | | 10:30am-11:25am |
| GIRLS (6-9 yrs) (Level 1-3) | 4:30pm-5:25pm | 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm | 5:30pm-6:25pm | 3:30pm-4:25pm 4:30pm-5:25pm | | 11:30am –12:25pm |
| BOYS (4-5 yrs) (Level 1-3) | 3:30pm-4:25pm 5:30pm-6:25pm | | | | | 10:30am-11:25am |
| BOYS (6-9 yrs) (Level 1-3) | | | | 5:30pm-6:25pm | | 11:30am-12:25pm |
| SPORTS ACROBATICS | 4:30pm-5:25pm | 6:30pm-7:25pm | | | | |
| BOYS / GRILS 10+ (Level 1-3) | 6:30pm-7:25pm | | | | | |
| HOMESCHOOL | Available upon request | 2:30pm-3:25pm | Available upon request | Available upon request | | |
| TUMBLING | | | 6:30pm-7:25pm | 4:30pm-5:25pm | | |
| KINDER CHEER (4-5 yrs) | | 5:30pm-6:25pm | | | | |
| PEE WEE CHEER (6-9 yrs) | 5:30pm-6:25pm | | | | | |
| ***INSTRUCTOR INVITE CLASSES*** ↓ ↓ ↓ MUST HAVE INSTRUCTOR APPROVAL PRIOR TO REGISTRATION ↓ ↓ ↓ | | | | | | |
| ADVANCED BOYS & GIRLS LEVEL 4+ (non-competitive) | | | | 6:30pm-8:00pm | | |
| GIRLS PRE-TEAM | | 5:30pm-7:30pm | | 5:30pm-7:30pm | | |
| LEVEL 3 COMPETITIVE TEAM | | | 5:30pm-7:30pm | | 4:00pm-7:00pm | |
| COMPETITIVE TEAM (Level 4+) | 6:30pm-9:00pm | | 6:30pm-9:00pm | | 4:00pm-7:00pm | |

MONTHLY FEES (Sept-May)

| Class/level | Registration Fee | YMCA Member | Community Member |
|------------------------------|---------------------|-------------|------------------|
| Recreational (1 day/wk) | \$25 or \$40/Family | *\$48/mo. | *\$62/mo. |
| Pre-Team/Level 3 (2 days/wk) | \$25 or \$40/Family | *\$127/mo. | *\$165/mo. |
| Competitive Team (L4+) | \$25 or \$40/Family | *\$154/mo. | *\$200/mo. |

- *10% discount if bank drafting via credit card or checking account.
- * Pro-Rated fees for registration at mid-month
- _____ (initial) Payment is due by the first of each month.
- _____ (initial) \$25 late fee will be assessed after the 5th day of the month and participant will not be allowed to participate until all fees are paid.
- _____ (initial) \$30 processing fee will be assessed for all rejected drafts and the participant will not be allowed to participate until all fees are paid.
- _____ (initial) A 30 day written notice is required for all cancelations or payment will be required for the following month.

GENERAL INFORMATION

- * Participant may begin program at anytime.
- * Proper attire **MUST** be worn at all times
- * **REFER A FRIEND**, Get \$10 off next month's tuition!
- * Days & times subject to change due to low enrollment
- * Financial Assistance is available.

FREE TRIAL

- * **FREE** trial class available on the 1st Saturday of each month at 12:30pm. (New students only. One per person)

MISSED CLASSES & HOLIDAYS

- * **NO** refunds for missed classes or holiday closings. Our classes are based on a yearly calendar. Holidays & months with extra weeks are included in the calendar. If you miss a class other than a holiday in any month, please contact the director to sign up for a make-up. The make-up class is held on the 4th Saturday of each month at 12:30p.m.

Lisa Morgan – Director
512-615-7420 / lmorgan@ymcawilliamsonco.org

PARTICIPANTS NAME _____ SEX (M / F) _____ AGE _____ DOB _____ / _____ / _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT / GUARDIAN NAME _____ HM PHONE _____ ALT PHONE _____

EMAIL _____ EMERGENCY CONTACT & RELATIONSHIP _____ PHONE # _____

DAY 1 _____ TIME _____ CLASS _____ DAY 2 _____ TIME _____ CLASS _____

MEDICAL CONDITION, ETC. _____ REFERRED BY: _____

PARENT / GUARDIAN'S ACKNOWLEDGEMENTS

PERMISSION FOR TRANSPORTATION: The YMCA Staff has my permission to transport my child to and from program location in the event of an emergency. I understand reasonable precautions will be taken to ensure the safety and supervision of my child.

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.

REFUND / TRANSFER POLICY: I understand that the YMCA has no refund policy. Details of the policy are available at the Member Services Desk.

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

 PARENT SIGNATURE

 DATE

 Staff Int (office use only)

GYMNASTICS & CHEER

CLASS DESCRIPTIONS

BUDDY & ME (Confident Walker – 3 Yrs) (Parent/Guardian with child) (45minutes)

Parents work with their children on basic motor development in the gym. The children develop balance, coordination, and confidence using basic gymnastics skills and positions. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the parent to help accomplish the goals for the child.

*****SAFETY and SIBLINGS for parent/child classes: Parents work hands on with their child in this class.** Please remain with your child (within hands reach) at all times. For safety reasons and out of respect for all participants in the class, siblings are not allowed in the gym area at any time. If you are a family member, please take advantage of our wonderful Child Watch program located across the hall from the gym.

TUMBLIN' TODDLERS (3 Years Old) (45 minutes)

This is a movement education program that uses basic gymnastics skills and positions to teach balance, coordination, confidence, and motor skill development in a progressive format. Obstacle courses, games, balls, hoops, and parachute are just some of the fun activities incorporated into the classes. The preschool gymnastics program introduces the children to basic gymnastics skills and progressions setup by USA Gymnastics.

GIRLS / BOYS (Level 1-3) (4 yrs old & Up) (55minutes)

This program includes structured gymnastics instruction, and creative games. A typical class features 10-15 minutes of structured warm-up that includes exercises for improving flexibility, strength, and endurance; approximately 40 minutes of apparatus and tumbling work, and five minutes of conditioning at the end of class. Periodically, various games are added for fun. Basic gymnastics skills and progressions will be taught according to USA Gymnastics specifications

TUMBLING CLASSES (55 minutes)

This class is dedicated to working on tumbling skills on the floor as well as the tumble trak. The students will go through progressive skills such as rolls, cartwheels, handstands, etc and once mastered they will advance to the handsprings and flips. This is a great choice for those who are cheerleaders or interested in becoming one. This class is open to boys and girls ages 5 years and older (co-ed class).

SPORTS ACROBATIC GYMNASTICS (55 minutes)

Acrobatic Gymnastics (also known as "Acro") integrates the grace and beauty of dance, the balance and strength exhibited in gymnastics, with the magnificence of teamwork not shared with any other sport in the USA Gymnastics family.

Groups of two to four athletes reach new heights in gymnastics by performing tempo, flight, and balance skills, seemingly defying laws of physics and human movement. Acrobatic Gymnastics challenges the athletes' physical ability, while instilling in him or her, the profound and lifelong values of trust and teamwork.

Benefits of Sports Acrobatics

- Provides an option for gymnasts who may excel at the floor exercise event and want to focus on just one event.
- No age limits - it's not unusual to find athletes in their twenties or even thirties!
- No height, weight, or body build limitations - The mature athlete can be a base, and a smaller athlete would be the top.
- Develop skills such as balance, tumbling and coordination. Teaches teamwork and builds life-long friendships.
- Performance of routines will help with their self-esteem and self-confidence!

KINDER CHEER (55 minutes)

This is a cheer class for ages 4-5 years old. They will learn basic cheer motions, dance, chants, pom pom routines, jumps and stunts, team building as well as basic tumbling. All cheerleaders will be required to go through a progression of learning and qualifying skills before a skill is performed. They will also work on various choreographed routines which will be performed at the winter show "The Jingle Bell Showcase" and also the Spring show, "The Mini Olympics."

PEE WEE CHEER (55 minutes)

This cheer class is for ages 6 years old and up. They will learn basic cheer motions, dance, chants, pom pom routines, jumps and stunts, team building as well as basic tumbling. All cheerleaders will be required to go through a progression of learning and qualifying skills before a skill is performed. They will also work on various choreographed routines which will be performed at the winter show "The Jingle Bell Showcase" and also the Spring show, "The Mini Olympics."

****PRETEAM, ADVANCED CLASS, GYMNASTICS COMPETITIVE TEAM & ALL STAR CHEER TEAM**

Please see Director for more information and availability.

** instructor invite classes

ALL classes are taught using the Progressions and skills set up by the USA Gymnastics Federation.