

UPCOMING SPECIAL EVENTS

- **SESSION 1 GYMNASTICS BEGINS: Mon, Jan 4 - Sat, Mar 13**
- **Try the Y & Color Run: Saturday, January 9**
- **AAU Gymnastics State Qualifier Meet: February 20-21, 2021**
- **Spring Break: Monday, March 15- Friday, March 20, (NO CLASSES THIS WEEK)**
- **SESSION 2 GYMNASTICS BEGINS: Mon, Mar 22 - Sat, May 29**
- **Good Friday & Easter Sunday: April 2 & April 4, (YMCA gymnastics CLOSED)**
- **Memorial Day: Monday, May 31, (YMCA gymnastics CLOSED)**
- **Special Afterschool OPEN GYM: June 1-11, 4:00-6:00pm**
- **Last Day of School: Friday, June 11**
- **First Day of Summer Camp: Monday, June 14**

BIRTHDAY PARTIES

The SKY YMCA Gymnastics staff will provide a special birthday celebration in our gymnastics center made for kids! Start in the gym with a gymnastics obstacle course, 30ft tumble track trampoline, and a bounce house. Afterwards you will enjoy time for celebration in your party room. Be stress free on your child's special day and we'll guarantee your child will feel special and have a flip-tastic time!

Party Details: Parties are 1.5 hours long for 10 children, including the birthday child. Parties start with 45 minutes of staff lead activities & games inside the gymnastics center, then 45 minutes in our party room for opening presents and enjoying cake or snacks. The YMCA supplies invitations, plain white table coverings, balloons for everyone and a balloon bouquet for the birthday child.

**Parents are responsible for all decorations, paper products, food or snacks.*

Ages: Turning 3yrs-12yrs

Day/Times: Saturdays 1:00-2:45pm or 3:00-4:45pm

Cost: \$175/mbr or \$225/nmbr (child must be linked to Y-membership to get member rate)
\$50 non-refundable deposit required at booking



PROGRAM POLICIES

- **ATTIRE:** Leotards are mandatory for girls in gymnastics. No tights or socks. Hair pulled back tight in a ponytail or clip if hair is short. Boys wear fitted t-shirt and elastic waistband athletic shorts.
- **SIBLING DISCOUNT:** \$20 OFF the session fee for the 2nd child.
- **MULTI-CLASS DISCOUNT:** \$20 OFF the cost of the second class session fee. *Discount should be applied to lesser valued class if there is a price difference.
- **CLASS CANCELLATIONS:** We reserve the right to cancel or combine classes that do not meet minimal enrollment. Also in case of inclement weather, the YMCA may cancel youth programming for the safety of our children, families, and staff.
- **MAKE-UP POLICY:** Only 2 make-up per session or can attend FNF FREE with a voucher. No refunds will be issued for missed classes during a session.
- **REFUNDS:** No refunds will be issued after the 2nd week of classes. You are reserving a spot, time, and staffing whether you chose to attend class or not. The YMCA will not refund session fees unless a class is cancelled or the participant is unable to attend due to injury or special circumstances.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLIPPING FOR FUN SKY GYMNASTICS



WE OFFER THE FOLLOWING CLASSES:

Lil Tumblers (3-5yrs)	Beginners (5-6yrs)	Beginners (7-10yrs)
Intermediate (6-7yrs)	Intermediate (8-10yrs)	Adv-REC (invite only)
Adv-TEAM (invite only)	T&T (5-9yrs)	T&T-TEAM (invite only)
*General Gymnastics (new)		

ADDITIONAL PROGRAMS:

Friday Night Flips (FNF)	Full-day Childcare (no school days)	Private Lessons
Birthday Parties	Competitive Gymnastics Team	Special Events

2021 NEW 10-WEEK SESSIONS DATES & FEES

SESSION 1: January 4th-March 13th SESSION 2: March 22nd-May 29th

30min class:	\$105/mbr or \$145/nmbr
45min class:	\$120/mbr or \$160/nmbr
60min class:	\$135/mbr or \$175/nmbr
90min class:	\$160/mbr or \$195/nmbr

(No classes during Spring Break, March 15 - March 20)

FOR MORE INFORMATION, CALL 941-492-9622
Email: dkotti@veniceymca.org or www.swflymca.org

2021 CLASS DESCRIPTIONS

PRESCHOOL GYMNASTICS

Lil Tumblers - Ages 3 - 5 years as of 8/10/2020, 30 minutes, once per week. They are designed to help boys and girls develop coordination, balance, and body awareness while being introduced to the basic fundamental skills in gymnastics.

Class Day/Time: Monday 5:00-5:30pm Wednesday 9:15-9:45am Saturday 9:30-10:00am
Thursday 5:45-6:15pm Thursday 6:30-7:00pm

SCHOOL-AGE GYMNASTICS

Beginner Gymnastics - Ages 5-6 years as of 8/10/2020, 45 minutes, once per week. These classes are structured to teach girls & boys basic gymnastics instruction with proper progressions and skills on all gymnastics events. The focus is on building strength, coordination, and self esteem.

Class Day/Time: Monday 4:00-4:45pm Monday 6:15-7:00pm Thursday 5:15-6:00pm

Beginner Gymnastics - Ages 7-10 years as of 8/10/2020, 60 minutes, once per week. Class is slightly longer for older children with the same structure to teach girls & boys basic gymnastics instruction with proper progressions and skills on all gymnastics events. The focus is on building strength, coordination, and self esteem.

Class Day/Time: Monday 5:00-6:00pm Thursday 4:00-5:00pm

Intermediate Gymnastics - Ages 6-7 years, as of 8/10/2020, 60 minutes, once per week. These classes are structured to teach girls & boys with prior gymnastics experience, challenging them to learn more advanced skills and technical development.

Class Day/Time: Monday 4:00-5:00pm Monday 5:15-6:15pm

Intermediate Gymnastics - Ages 8-10 years, as of 8/10/2020, 60 minutes, once per week. These classes are structured to teach girls & boys with prior gymnastics experience, challenging them to learn more advanced skills and technical development.

Class Day/Time: Thursday 6:15-7:15pm

***General Gymnastics (NEW)** - Ages 6-9 years, as of 8/10/2020, 60 minutes, once per week. This class focuses on basic gymnastics instructions with an introduction to trampoline (T&T). Participants will learn skill progressions through obstacle course and station set ups on vault, bars, beam, and floor

Class Day/Time: Thursday 4:30-5:30pm Saturday 10:30-11:30am

T & T - Ages 5-9, as of 8/10/2020, 45 minutes, once per week. Trampoline & Tumbling class introduces participants to proper jumping skills and technique to learn special awareness on the double-mini trampoline and tumble track. Beginner tumbling skills are also trained on the floor. **Socks required.*

Class Day/Time: Monday 5:00-5:45pm Monday 6:00-6:45pm Thursday 5:30-6:15pm

BY INVITE ONLY

Advanced-REC - Ages 6-12 years, 90 minutes, once per week. Class is by invitation only for those class participants who have mastered the intermediate skills on all 4 events. Participants are introduced to competitive level skills and routines.

Class Day/Time: Thursday 4:00-6:30pm

Advanced-TEAM - Ages 6-14 years, 90 minutes, once per week. Class is for competitive gymnasts, Level 3 or higher, who no longer want to compete but maintain their competitive skills, strength & conditioning.

Class Day/Time: Monday 4:00-6:30pm

T&T- TEAM - Ages 6-14, 45 minutes, once per week. Trampoline & Tumbling class is offered to current or past competitive gymnasts or T&T athletes who already demonstrate advanced flipping and tumbling skills. **Socks required.*

Class Day/Time: Thursday 6:30-7:15pm

2021 SPECIALTY PROGRAMS

FRIDAY NIGHT FLIPS

Formerly known as Open Gym, Friday Night Flips is open to anyone grades K-8. FNF is supervised free time in which your child can do gymnastics on their own, practice skills learned in class, get an introduction to our new double-mini trampoline, jump in our bounce house, and just have a great time with friends. All staff are safety certified. Open Gym is offered on designated Fridays each month during the school year.

All participants must have a signed waiver by a parent or guardian prior to entering the gymnastics center and a parent must sign-in and sign-out their child.

Cost: \$15 mbrs / \$20 nmbrs Time: Fridays 6:30pm - 8:30pm *Deadline to register: 4:00pm day of FNF

Dates: JANUARY 8 JANUARY 22 FEBRUARY 5 FEBRUARY 26
MARCH 12 MARCH 26 APRIL 16 APRIL 30 MAY 14

*END OF THE SCHOOL YEAR OPEN GYM

In June, we will be offering OPEN GYM afterschool. Take the YMCA bus from school and have some fun, flipping and jumping at our afterschool open gym.

TIME: 4:00-6:00pm COST: \$10/mbr or \$15/nmbr per day

DATES: (CLOSED 5/31) TUES, JUNE 1 WED, JUNE 2 THURS, JUNE 3 FRI, JUNE 4
MON, JUNE 7 TUES, JUNE 8 WED, JUNE 9 THURS, JUNE 10 FRI, JUNE 11

FULL-DAY GYMNASTICS CARE

Childcare for Sarasota County no school days. For grades K-8, gymnastics camps will be held throughout the school year on those days Sarasota county schools are closed. Payment is due in full upon registration.

Activities include instructional gymnastics, open gym, trampoline, bounce house, swimming, outdoor playtime, crafts and games. Includes a FREE lunch and p.m. snack for all participants.

Cost: \$35 full-day rate See Sarasota County No School dates remaining below:

Tuesday, January 18 (Martin Luther King Day)

Monday, January 25 (Professional Day)

Monday, February 15 (Presidents Day)

Monday, March 15 - Friday, March 19 (Spring Break)

Friday, April 2 (YMCA YOUTH PROGRAMS CLOSED)

Friday, April 9 (Professional Day)

PRIVATE LESSONS

Gymnastics or tumbling private lessons are available for an individual to train one-on-one with one of our certified coaches. We offer either a 30 or 60 minutes private lesson. An individual can schedule a 30 minute private or a group of 2-3 participants can share a 60 minute session to work specific skill or a specific event.

Private lessons are scheduled around the availability of each individual coach's schedule. Privates may be offered Monday - Saturday, throughout the day to accommodate the athlete's schedule. Call the gymnastics office directly and leave a detailed message regarding the specific skills your athlete is looking to train. Call 941-375-9121 to request a private lesson.

Cost: 30 minute private \$30/mbr or \$40/nmbr
60 minute private \$60/mbr or \$70/nmbr