



# gymnastics

The YWCA's Gymnastics Program offers learning progressions in a safe, quality instruction on Olympic Event Equipment. Our Tumblettes team have won NYS Championship Titles. In 2015, we also introduced the Aerials Competitive IGC Team.

Fall 2017

# FALL INTO FUN

AT YWCA WHITE PLAINS & CENTRAL WESTCHESTER

eliminating racism  
empowering women

# ywca

White Plains & Central Westchester

# GYMNASTICS

## Come Tumble with us!

Director.....(914) 949-6227 x 200  
Program Office.....x 125  
Team Head Coach .....x 137

The year-round gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics, tumbling and includes an 8,000 square feet air-conditioned gymnasium with fall floor, trampoline, overhead spotting belts and 40 foot Tumbletrack.



The program stresses safety and fun, with opportunities for all to participate-from youngest to oldest. We are a member of USA Gymnastics. Coaches and instructors are USA Gymnastics and safety certified.

**USAG waiver required for participation in all gymnastics programs.**

### Gymnastics Policy:

1. For the safety of all children and instructors, and to limit distractions, the doors to the gym will be closed after warm-up. Viewing windows allow parents to watch classes from the dressing room area. Parents are invited into the gym during Observation Week.
2. Staff availability may affect class status. Classes require at least 3 participants.
3. No strollers or infant carriers are allowed in the gym.
4. Two make-ups are allowed for the Parent & Tot groups and Preschool classes only. Please contact the office ahead of time to schedule.
5. There are no make-up classes for any of the Youth drop off programs.
6. There are no credits or refunds for cancellations due to inclement weather. See General Information page for full credit/refund policy.
7. A doctor's note must be provided prior to returning to class for any injury.

### Dress Code:

#### Girls

Dress in sweats, shorts, T-shirt or leotard. Bare feet, hair tied up, no jewelry. Leotards are available for purchase in the gymnastics office.

#### Boys

Shorts, T-shirt and bare feet. No jeans or belts.

### Wacky Wednesdays!

Drop your child off for an afternoon of supervised gymnastics, games & fun! Children must be fully toilet trained, no diapers or pull-ups.

**Ages 3 - 5 yrs.**                      **Wed: 10/25/17, 02/07/18, 06/06/18**                      12:30 - 2:30pm                      \$30/\$40 per day

### FUNtastic Fridays

Gymnastics, tumbling, a movie, games and pizza. Enjoy an evening out while your children have fun with their friends at the YWCA!

**Ages 5 yrs and up**                      **Fri: 10/27/17, 2/09/18, 6/08/18**                      6:30 - 10:00pm                      \$40/\$50 per day

### Vacation Camps

Join us for a half day of gymnastics during school break.

**Ages 6 yrs and up & Tiny Tots Ages 3-5 yrs**                      **12/26 - 12/29/17, 02/20 - 02/23/18, 04/02 - 04/06/18**                      12:00 - 3:00pm                      \$55/\$60 daily  
\$210/\$230 week

### Open Gyms

Participants are invited to attend our new open gym slots! Work on new tricks and master your skills!

**Ages 7 yrs and up**                      **Sat: 10/14/17, 11/11/17, 01/06/18, 02/10/18, 04/14/18, 06/02/18**                      3:15 - 4:45pm                      \$25/\$30 per day

## Preschool:

**Parent and Tot 2-3 yrs:** Offered to ages 12 months and up and run 45 minutes. In these classes, we help parent and child work together in a playful, fun atmosphere to develop the child's hand-eye coordination, body awareness, build strength, agility and flexibility while learning basic gymnastic skills. We use music, games and fun props to create an enjoyable experience for both parent and child.

**3-4yrs:** Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music.

## Youth & Young Adult:

**4-5 yrs:** Gymnasts will focus on core strength, arm strength, and the coordination necessary to learn headstands, handstands, cartwheels and forward rolls - the fundamental building blocks of almost all gymnastics skills.

**6-7, 8-10 yrs, Young Adult (Teen):** Students are registered into correct age group and then divided within the class based on skill. All recreational classes are designed to be a continuation of skills and growth from the previous enrolled class.

**Boys Beginner/Boys Intermediate:** Build strength, speed, and coordination and gymnastics skills on all the Men's apparatus.

**Ninja Warrior:** Through games and challenges, our Ninjas will learn to control their bodies and minds. Athletes in this class will have FUN as they gain strength, exercise problem solving strategies and learn to focus their mental and physical energy on overcoming obstacles. Tunnels, bars, rings, ropes and ramps will create awesome and unique challenges each week as your ninja gains confidence in a safe and supportive environment.

**Tumbling:** Our all tumbling class allows athletes to perfect the skills they need to succeed in cheerleading, gymnastics and dance. Round-off, back handsprings, and back tucks as well as a strong foundation of strength, flexibility, and gymnastics basics.



## Invitational Classes:

*Students are evaluated first before they could register. They need to be recommended to be evaluated.*

**Comets (formerly level 1):** Based on Level 1/2 and Copper Levels.

Skills include but are not limited to:

- Vault – Proper running, Handstand Flat back onto Mat Stack
- Bars – Pullover, Back Hip Circle, casting
- High Beam –  $\frac{3}{4}$  Handstand, leaps, turns
- Floor – Cartwheels, Round-Offs, Walk-overs, Rolls, Handstands, Dance

**Novas (formerly level 2):** Based on Level 2/3 and Copper Levels.

Skills include but are not limited to:

- Vault – Proper running, Handstand Flat back onto High Mat Stack
- Bars – Pullover, Back Hip Circle, strong cast, Under swing Dismount, Mill Circle
- High Beam –  $\frac{3}{4}$  to Full Handstand, leaps, dance, Side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance

**Starz:** Based on 3/4 and Bronze Levels.

Skills include but are not limited to:

- Vault – Handstand Flat back onto High Mat Stack, Front Handspring over the table
- Bars – Back Hip Circle, 20° above the bar cast, Under swing Dismount, Front Hip Circle, Mill Circle, Kip
- High Beam – Full Handstand, leaps, split jumps, dance, side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance, Connecting skills

**Warriors (New!):** Based on 4/5 and Bronze Levels.

Skills include but are not limited to:

- Vault – Front Handspring over the table
- Bars – Back Hip Circle, 45° above the bar cast, Front Hip Circle, Kip, Long Hang Kip
- High Beam – Full Handstand, Cartwheel, Round off, walkovers, leaps, split jumps, dance, side Handstand  $\frac{3}{4}$  Dismount
- Floor – Round-Off back handspring back tuck, Walk-overs, Rolls, Handstands, Handsprings, and Dance

## Competitive Teams:

**Tumblettes (USA Gymnastics)**

• **Level 2-5 Compulsory Teams :** All gymnasts master the same routines and skills before moving to the next competitive level.

• **Level 6-10 Optional Teams:** Routines are individualized for each gymnast while using the particular requirements needed for the level.

**Arials (USA Independent Gymnastics Clubs)**

• **Copper, Bronze, Silver, Gold, Platinum:** The USAIGC Program offers a broad-based, optional competitive experience outside the traditional Jr. Olympic Program

**Fall 2017 Session:** Sep 11 - Dec. 3  
 No class dates: Oct. 28-29; Nov. 10; Nov. 22-26  
 Gymnastics Competition: Winter Solstice, December 16 & 17 - no classes all day

Preschool	Parent/Tot Co-Ed (2-3 years old)		
Saturday	9:00-9:45am	GYS1P2	\$324/\$372
Sunday	9:00-9:45am	GYU1P2	\$324/\$372

Preschool	Co-Ed (3-4 years old)		
Monday	4:00-4:50pm	GYM3P3	\$324/\$372
Wednesday	12:30-1:20pm	GYW1P3	\$297/\$341
Wednesday	4:00-4:50pm	GYW3P3	\$297/\$341
Thursday	12:30-1:20pm	GYH3P3	\$297/\$341
Thursday	1:50-2:40pm	GYH1P3	\$297/\$341
Friday	4:00-4:50pm	GYF1P3	\$270/\$310
Saturday	10:10-11:10am	GYS1P3	\$324/\$372
Sunday	10:10-11:10am	GYU1P3	\$324/\$372

Youth	Co-Ed (4-5 years old)		
Monday	4:00-5:00pm	GYM1G5	\$360/\$408
Tuesday	4:00-5:00pm	GYT1G5	\$360/\$408
Wednesday	5:05-6:05pm	GYW1G5	\$330/\$374
Thursday	4:00-5:00pm	GYH1G5	\$330/\$374
Friday	4:00-5:00pm	GYF1G5	\$300/\$340
Saturday	11:10-12:10pm	GYS1G5	\$360/\$408
Sunday	11:10-12:10pm	GYU1G5	\$360/\$408

Youth	Girls (6-7 years old)		
Monday	5:05-6:05pm	GYM1G7	\$360/\$408
Tuesday	4:00-5:00pm	GYT1G7	\$360/\$408
Tuesday	5:05-6:05pm	GYT2G7	\$360/\$408
Wednesday	4:00-5:00pm	GYW1G7	\$330/\$374
Thursday	4:00-5:00pm	GYH1G7	\$330/\$374
Friday	5:05-6:05pm	GYF1G7	\$300/\$340
Saturday	12:15-1:15pm	GYS1G7	\$360/\$408
Sunday	12:15-1:15pm	GYU1G7	\$360/\$408

Youth	Girls (8-10 years old)		
Monday	5:05-6:05pm	GYM1G0	\$360/\$408
Tuesday	5:05-6:05pm	GYT1G0	\$360/\$408
Wednesday	5:05-6:05pm	GYW1G0	\$330/\$374
Thursday	5:05-6:05pm	GYH1G0	\$330/\$374
Friday	5:05-6:05pm	GYF1G0	\$300/\$340
Saturday	12:15-1:15pm	GYS1G0	\$360/\$408
Sunday	12:15-1:15pm	GYU1G0	\$360/\$408

Young Adult	Co-Ed (11+ years old)		
Monday	6:15-7:30pm	GYM1YA	\$360/\$408
Saturday	1:30-2:45pm	GYS1YA	\$360/\$408

Youth	Boys Beginner (6-10 years old)		
Monday	4:00-5:00pm	GYM1B6	\$360/\$408
Friday	4:00-5:00pm	GYF1B6	\$300/\$340

Youth	Boys Intermediate (6-10 years old)		
Monday	5:05-6:05pm	GYM1B8	\$360/\$408
Friday	5:05-6:05pm	GYF1B8	\$300/\$340

Ninja Warriors	Co-Ed		
Thursday 5-7 yrs	5:05-6:05pm	GYH1NW	\$330/\$374
Friday 8-10 yrs	5:05-6:05pm	GYF1NW	\$300/\$340
Friday 11+ yrs	6:10-7:10pm	GYF2NW	\$300/\$340
Saturday	11:10-12:10pm	GYS1NW	\$360/\$408
Open Age 5+ yrs			

Tumbling Classes	Co-Ed		
Monday 6 - 10 yrs	6:10-7:10pm	GYM1TB	\$360/\$408
Wednesday 11-18 yrs	6:15-7:45pm	GYW1TB	\$396/\$440
Friday 18+ yrs	7:20-8:15pm no class 10/27	GYF1AT	\$315/\$360
Saturday 11-18 yrs	1:30-3:00pm	GYS1TB	\$432/\$480

**Invitational Only, Non-Competitive, Membership Req.**

Advanced Preschool	(3-5 years old)		
Monday	4:00-5:00pm	GYM1AP	\$360
Thursday	1:50-2:50pm	GYH1AP	\$330
Friday	4:00-5:00pm	GYF1AP	\$300

Comets	(Formerly level 1)		
Wednesday	4:00-5:00 pm	GYW1CO	\$330
Sunday	1:30-2:30pm	GYU1CO	\$360

Novas	(Formerly level 2)		
Tuesday	4:10-6:10pm	GYT1NO	\$360
Friday	4:10-6:10pm	GYF1NO	\$300

Stars			
Monday	4:10-6:10pm	GYM1GY	\$432
Wednesday	4:10-6:10pm	GYW1GY	\$396
Wednesday	4:10-6:10pm	GYH1GY	\$396
Friday	6:15-8:15pm	GYF1GY	\$360

Warriors (NEW!)			
Monday	6:15-7:45pm	GYM1WA	\$432
Wednesday	6:15-7:45pm	GYW1WA	\$396