

GYMNASTICS

We build strong kids, strong families, strong communities.

Session 4

February 1st to March 12th

YMCA Cortland Gymnastics Program

“Cortland’s oldest gymnastics program”

Upstairs at the JM McDonald Sports Complex

The YMCA strives to build strong spirit, mind and body.

- Gym Kids - Ages 3-4 - boys and girls - Tu/Th – 4-4:45 PM or 5-5:45 PM.**
 This is a program for toddlers to enhance gross motor skills, hand/eye coordination, balance, strength and listening through use of games, balls and obstacle courses.
- Progressive Gymnastics- Ages 5-12 - girls - M/W 6-7PM, TU/TH 4-5PM or 5-6PM.**
 This program is for girls who desire to learn basic to advanced skills in the sport of gymnastics. All students receive gymnastics instruction on each Olympic event. The class emphasizes the correct execution of skills, developing strength and increasing flexibility. Children are placed in age and skill appropriate groups.
- Pre-Team- Ages 5+ - girls - TU/TH 4-6PM *coaches approval only!***
 Gymnasts will learn and perfect skills necessary for competition on the vault, uneven parallel bars, balance beam and floor exercise. Gymnasts will learn with our supportive and enjoyable atmosphere fostering self confidence, teamwork and dedication.

--- 2009-2010 Pricing ---

	<u>2 classes/week</u>		<u>1 class/week</u>	
	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
Gym Kids	\$60.00	\$89.00	\$32.00	\$49.00
Progressive	\$75.00	\$95.00	\$39.00	\$55.00
Pre-Team	\$108.00	N/A		

****Ask about our additional child discount ****

Non-Members must pay a yearly enrollment fee of \$25.00.

YMCA PROGRAM MEMBERSHIP -only \$100.00, entitles your child member discounts on YMCA programs and access to the YMCA on Tompkins Street!

For more information and fun call the YMCA Gymnastics site at 758-8630, Please leave a message.

Payments made at Gymnastics Site.

CORTLAND COUNTY FAMILY YMCA
 22 Tompkins Street
 Cortland, New York 13045
 607-756-2893
www.cortlandymca.org

