

OPEN GYM (Ages 8 and up)

Looking for practice time to work on your skills? Open Gym is back!!! This is an opportunity for gymnasts to come in and spend extra time working on the skills of their choice or just have a great time in the gym. The gym is supervised by coaches, but it is unstructured time. Must reserve a spot in advance.

Fridays: 3:00-4:00 pm

Saturdays: 11:00 am - 12:00 pm

\$7.00 drop in fee per class.

Team Gymnasts: Free

WHAT TO EXPECT DURING Fall 1

GYMNASTICS CLASSES + LESSONS

REGISTRATION | All registrations will be on a first come, first serve basis. Payment must be taken prior to the first practice to be eligible.

ARRIVAL | All gymnasts will enter through the Field House Doors. Please stop at the desk to check in and hand in updated waivers and policy forms. Place your belongings in one of the available cubbies. We ask all participants to immediately enter the bathroom to wash their hands or use hand sanitizer before the start of your lesson/class.

SPECTATORS | All spectators must remain in the designated spectator area for the duration of the lesson/class. Seating will be limited and preferred usage to those that **MUST** sit down.

PRACTICE SET UP | Movement from station to station will be directed by the coach. Athletes will want to bring a water bottle. Water fountains have been removed and replaced with bottle fillers only.

BATHROOM USE | PLEASE use the bathroom before class starts. If a participant needs to use the facilities they will be asked to go back to their parent/ guardian for assistance.

DEPARTURE | Please use hand sanitizer at the conclusion of your activity.

CLEANING | ALL used equipment will be disinfected between each class/lesson. The entire gym is being disinfected on a continuous schedule with hourly attention to high touch surfaces.

OTHER POLICIES

COVID-19 CANCELLATION POLICY: Should we have to cancel a class due to COVID-19, make ups will not be provided and there will not be a credit/refund option for the missed class. Should we have to end the session due to COVID-19, only YMCA system credit will be available for the missed classes.

CANCELLATION AND REFUND POLICY: The Old Town - Orono YMCA program fees are non-transferable and non-refundable. Exceptions may be made for those with a diagnosed physical medical condition. We reserve the right to cancel or reschedule classes that do not have sufficient enrollment, in which case a YMCA system credit may be issued. No refunds or credits will be issued for individual classes missed and make up options will not be available. If a class needs to be cancelled, we will make every effort to notify you in advance via email. Make up options for class cancellations will not be available.

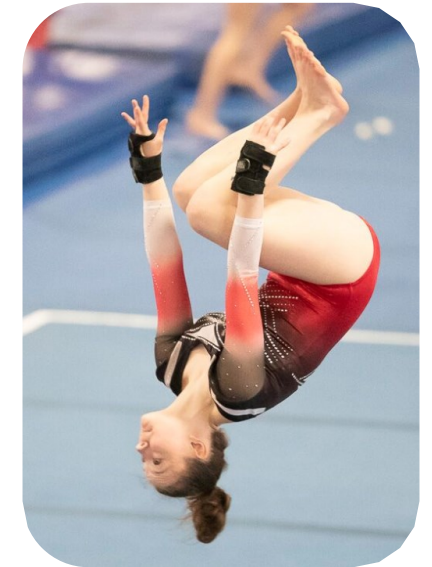
Need help with paying for a class? Nobody is turned away for inability to pay with our Open Doors Scholarship Program! For questions please contact our front desk at 827-9622.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN YOU'LL FLIP OVER

Gymnastics OLD TOWN-ORONO YMCA



All gymnastics classes are taught in a fun, safe environment using progressive skill instruction on all gymnastics equipment. Every class emphasizes balance, strength and coordination along with positive encouragement from our Y teaching staff. Not only do we teach your child the fundamentals of gymnastics, we also focus on the YMCA's character development traits of Caring, Honesty, Respect and Responsibility. From walking aged class like Preschool Open Play to our school aged Recreational Classes we've got something for everyone. Detailed program information inside.

WHEN: Fall 1 Session: Sept. 7th-Oct.30th

REGISTER: Member Registration starts Monday, August 16th
Non Member Registration starts Monday, August 23rd

Old Town - Orono YMCA
472 Stillwater Avenue, Old Town ME 04468
207.827.9622 www.otoyymca.org

Stay Connected with the Y on Social Media



PRESCHOOL GYMNASTICS PROGRAMS – Ages 2 to 5 years

GYM EXPLORERS (Ages 8mo to 4)

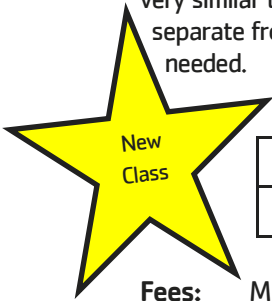
Parent participation is required. The gym is set up with a variety of age-appropriate equipment and is supervised by coaches, but it is unstructured time. 45 minutes

Tuesday	Friday
9-9:45 am	9-9:45 am

Drop-in Fee: \$5

TINY TOTS (Ages 3 to 4)

The gymnastics area will be setup in a fun and engaging obstacle for your toddler. This 30 minute class is designed very similar to the Parent & Tot class but the toddlers will separate from their parents. Parents are asked to help if needed.



Wednesday	10:00-10:30 am
Friday	10:00-10:30 am

Fees: MEMBER \$40/ NON-MEMBER \$60

PARENT + TOT (Ages 2 to 3)

Parent participation is required. The gym is set up with a variety of age-appropriate equipment. An instructor will take parent and child through activities. 30 minutes

Wednesday	9:15-9:45 am
Thursday	9:15-9:45 am
Saturday	8:30-9:00 am

Fees: MEMBER \$40/ NON-MEMBER \$60

PRESCHOOL MOVEMENT (Ages 3 to 5)

This is an instructed class **so children must be able to separate from the parent.** The focus is on stimulating motor learning using various age-appropriate equipment and activities. 45 minutes

Monday	2:30-3:15 pm
Wednesday	6:00-6:45 pm
Thursday	11:00-11:45 am
Friday	10:00-10:45 am
Saturday	9:15-10:00 am

Fees: MEMBER \$82 / NON MEMBER \$125

YOUTH GYMNASTICS PROGRAMS – Ages 5 and Up

RECREATIONAL CLASSES (Ages 5 and up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEVEL 1	3:30-4:30 pm			4:00-5:00 & 5:30-6:30 pm	4:00-5:00 pm	10:00-11:00 am
LEVEL 2	4:30-5:30 pm	4:00-5:00 pm			5:00-6:00 pm	10:00-11:00 am
Boys Gymnastics			Ages 7+ 4:30-5:30 pm	Ages 5-6 4:30-5:30 pm		

These developmental classes begin with an introduction to the fundamentals of gymnastics and progress to teaching beginner to intermediate gymnastics skills. **Level 1 and Level 2 classes are co-ed.** They are broken down by ability as well as age. 1 hour

Fees: MEMBER \$84/ NON-MEMBER \$130

IN HOUSE TEAM (By invitation only.)

Gymnasts can choose how many days a week they would like to attend. Once chosen the days cannot be changed throughout the session. Days cannot be added or subtracted once the session has started.

Session Pricing:

1.5 Hours Per Week: MEMBER \$100/ NON-MEMBER \$150

3 Hours Per Week: MEMBER \$180/ NON-MEMBER \$220

Monday	Wednesday
4:00-5:30PM	4:00-5:30PM

ONE ON ONE LESSONS

One on one lessons are for ALL athletes both tumblers and gymnasts alike! These one on one lessons are great for individual attention and the focus needed to master any skill!

Lessons will occur on the same day and time for the 8 week session. If you would like to participate in lessons but the times available do not fit your schedule please email shawn.fournier@otoymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				2:00-3:00p	
3:00-4:00p	3:00-4:00p	3:00-4:00p	3:00-4:00p		
4:00-5:00p					
5:00-6:00p	5:00-6:00p	5:00-6:00p	5:00-6:00p	5:00-6:00p	12:00p-1:00p
6:00-7:00p	6:30-7:30p		6:00-7:00p	6:00-7:00p	

PRICING: Fees: MEMBER \$120/ NON MEMBER \$160

Make-up opportunities for missed lessons will be based on coach availability.

TUMBLING CLASSES (Ages 8 and up)

A structured class providing progressive training on tumbling skills, including the round-off, back handspring, and more advanced flips. 1 hour

Fees: MEMBER \$84/ NON-MEMBER \$130

Drop-In Price: MEMBERS \$12 / NON-MEMBERS \$15

MONDAY	6:00-7:00 pm
Tuesday	6:00-7:00 pm

TUMBLING CLINICS (Ages 8 and up)

This two-hour structured class with trained gymnastics coaches will teach proper tumbling technique to help improve current skills and assist with accomplishing new ones! Drills will be based on current tumbling level and include:

- Focus on correct form and technique
- Progressive training on back tumbling skills
- Opportunity to master the skill you are struggling with

WHEN: 1:30-3:30 p.m. Sunday
 DATES: Sept. 12th, Oct. 10th, Nov. 14th
 COST:
 \$15 Pre-Registration
 \$20 Day of Registration
 WHO: Ages 8-18 — ALL Levels of Ability

CHEERING (Grades K-8)

This session of Cheering will focus on technique. Rather than working towards a performance we will work on the details of all our skills! Focus will be on jumps, stunting, and tumbling.

Shawn.fournier@otoymca.org

Wednesday
4:00-5:00PM

Fees: MEMBER \$84/ NON-MEMBER \$130