

## Program Philosophy

The Portage Township YMCA strives to help participants grow spiritually, mentally and physically while providing challenging activities for children of all ages under the guidance of our caring and well-trained staff.

## Gymnastics Staff

Our YMCA Staff are enthusiastic individuals who are experienced in providing each child with a safe, fun experience. Each staff member is a positive role model, dedicated to meeting the needs of each child in order to provide the best possible gymnastics experience. All staff members are trained in CPR, advanced first aid and best practices for Universal Precautions. The gymnastics Director and Head Coach, Cathi Srednoselac is safety Certified, Skill Evaluator Certified and Meet Director Certified.

## Financial Assistance

Financial assistance applications are available at the YMCA Welcome Center. We hope to touch the lives of all children who love this sport, regardless of their family's financial status.

### **TRY ONE FREE!** **PROGRESSIVE** **GYMNASTICS**

Whether you are a beginner or competitive gymnast, the Portage Township Y has a program for you!

PARTICIPANT NAME \_\_\_\_\_

Restrictions Apply: New Participants Only. One-time use per person, per year. Redeem at Welcome Center located at 3100 Willowcreek Road, Portage, IN.

Expires 8/31/2017

## YOUTH GYMNASTICS

**Our affordable program teaches kids to have fun learning gymnastics skills through age-specific classes. Children learn skills on all four events (vault, uneven bars, balance beam and floor exercise). Benefits include: self-confidence, improved concentration, better coordination and flexibility. We encourage the practice of core values of caring, faith, honesty, respect and responsibility.**



**PORTAGE TOWNSHIP YMCA**  
3100 Willowcreek Rd.  
Portage, IN 46368  
**219-762-9622**

[www.ymcaofportage.org](http://www.ymcaofportage.org)



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN YOU'LL FLIP OVER!

## YOUTH GYMNASTICS

- **Progressive Gymnastics**
- **The "Sparklers" Team**  
**Level 2, 3 & Xcel**

### SUMMER 2017

OPEN REGISTRATION YEAR-ROUND

#### Progressive Gymnastics

**Summer I\*:** June 5th - July 20th

\*No Classes July 2nd - July 8th

**Summer II:** July 25th - August 31st

#### Team Gymnastics

**Summer I:** June 6th - June 29th

**Summer II:** July 18th - August 10th

**Summer III:** August 22, 24, 29 & 31



PROGRESSIVE GYMNASTICS CLASSES	INFO	COST
<b>PARENT &amp; TOT (CO-ED)</b> For toddlers and their "fun-loving" adult. Small and large motor development is enhanced with emphasis on eye-hand coordination, balance and basic gymnastics skills. *No Class the week of July 2nd - 8th	18 months-3 years Mon or Wed 10:45-11:20am	Monday OR Wednesday Class: Member \$23 Non-Member \$38
<b>PRESCHOOL SCOOTERS (CO-ED)</b> Focuses on coordination, flexibility, taking turns, following directions and getting along with others. *No Class the week of July 2nd - 8th	3-5 years Mon or Wed 11:40am-12:25pm	Monday OR Wednesday Class: Member \$23 Non-Member \$38
<b>FLIP, WIGGLE &amp; ROLL (CO-ED)</b> Structured setting focuses on learning basic skills, taking turns, following directions and improving coordination. *No Class the week of July 2nd - 8th	3-5 years Tues and Thurs 4-4:45pm	Member \$46 Non-Member \$61
<b>BEGINNERS (CO-ED)</b> Floor, vault, balance beam and uneven bars are used to teach basic skills. Benefits include: increased self-confidence, improved concentration, better coordination& flexibility. *No Class the week of July 2nd - 8th	5+ years with no experience Tues and Thurs 4:45-5:45pm	Member \$58 Non-Member \$73
<b>INTERMEDIATES (Girls Only)</b> Offers the same as Beginners Class skills with addition of more advanced skills on all piece of equipment. *No Class the week of July 2nd - 8th	5+ years with prior experience Tues and Thurs 5:45-6:45pm	Member \$58 Non-Member \$73
<b>PRE-TEAM (Girls Only)</b> For those interested in advancing to our team. Focuses on using and enhancing skills used in competition: a routine on vault, bars, balance beam and floor. Periodic try-outs will be announced to those ready for advancement. *No Class the week of July 2nd - 8th	Girls 5+ Tues and Thurs 5:45pm-6:45pm	Member \$58 Non-Member \$73

TEAM GYMNASTICS	INFO	COST
<b>TEAM-THE "SPARKLERS" (Girls Only)</b> The "Sparklers" have been in NW IN team competitions for over 30 years! Team trophies and team pride in all the numerous awards is on display at the Y! Team participation is at the discretion of coach, Cathi Srednoselac.	Girls 5+ Team Session Begins <b>June 6th</b>	<b>1x/week</b> Member \$27 Non-Member \$42
		<b>2x/week</b> Member \$54 Non-Member \$69
<b>LEVEL 2 (Girls Only)</b>	Tuesdays 9:30am-11:30am Tuesdays 5:30pm-7:30pm	<b>3x/week</b> Member \$81 Non-Member \$96
<b>LEVEL 3 + XCEL (Girls Only)</b>	Thursdays 9:30am-11:30am <b>Mini Session - T/Th Only</b> 5:30pm-7:30pm	<b>Mini Session</b> Member \$27 Non-Member \$42

- Sign up at the Welcome Center or online during registration.
- Participants may enroll anytime after registration at the Welcome Center with your fee prorated.
- Intermediate and Pre-Team classes are currently combined due to the number of participants.

# STRENGTH, FLEXIBILITY, POWER, BALANCE, DISCIPLINE, COORDINATION GYMNASTICS



For additional information about our gymnastics program at the Y, please contact Cathi Srednoselac at [cathi@ymcaofportage.org](mailto:cathi@ymcaofportage.org) or at 219 762-9622