

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 12/31/2017

YOUTH GYMNASTYICS



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE IT TO THE NEXT LEVEL!

YOUTH GYMNASTICS

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

FALL 2017

OPEN REGISTRATION YEAR-ROUND

Progressive & Team Gymnastics

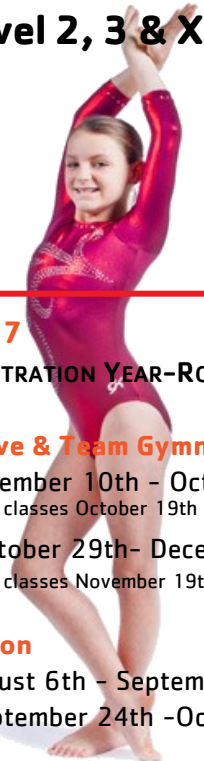
Fall I: September 10th - October 28th
*No classes October 19th or 23rd

Fall II*: October 29th - December 23rd
*No classes November 19th-25th

Registration

Fall I: August 6th - September 2nd

Fall II: September 24th - October 21st



GYMNASTICS

**STRENGTH, FLEXIBILITY, POWER,
BALANCE, DISCIPLINE, COORDINATION**

PROGRESSIVE GYMNASTICS CLASSES		INFO	FEEES
		Fall I	Fall II
<p>PARENT & TOT (CO-ED) 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 October 23rd or November 19th - 25th</p>	18 months-3 years Mon or Wed 10:45-11:20am	Monday Class*: Member \$23 Non-Member \$38 OR Wednesday Class: Member \$27 Non-Member \$42	Monday OR Wednesday Class: Member \$27 Non-Member \$42
<p>PRE-SCHOOL SCOOTERS (CO-ED) Focuses on coordination, flexibility, taking turns, following directions and getting along with others. *No Class October 23rd or November 19th - 25th</p>	3-5 years Mon or Wed 11:40am-12:25pm	Monday Class*: Member \$23 Non-Member \$38 OR Wednesday Class: Member \$27 Non-Member \$42	Monday OR Wednesday Class: Member \$27 Non-Member \$42
<p>FLIP, WIGGLE & ROLL (CO-ED) Structured setting focuses on learning basic skills, taking turns, following directions and improving coordination. *No Class October 19th, 31st or November 19th - 25th</p>	3-5 years Tues and Thurs 4-4:45pm	Member \$50 Non-Member \$65	Member \$50 Non-Member \$65
<p>BEGINNERS (CO-ED) 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 October 19th, 31st or November 19th - 25th</p>	5+ years with no experience Tues and Thurs 4:45-5:45pm	Member \$63 Non-Member \$78	Member \$63 Non-Member \$78
<p>INTERMEDIATES (Girls Only) Offers the same as Beginners Class skills with addition of more advanced skills on all piece of equipment. *No Class October 19th, 31st or November 19th - 25th</p>	5+ years with prior experience Tues and Thurs 5:45-6:45pm	Member \$63 Non-Member \$78	Member \$63 Non-Member \$78
<p>PRE-TEAM (Girls Only) 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 October 19th, 31st or November 19th - 25th</p>	Girls 5+ Tues and Thurs 5:45pm-6:45pm	Member \$63 Non-Member \$78	Member \$63 Non-Member \$78
TEAM GYMNASTICS		INFO	COST
		Fall I	Fall II
<p>TEAM-THE "SPARKLERS" (Girls Only) 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.</p>	Girls 5+		
<p>LEVEL 2 (Girls Only) *No Class October 19th, 31st or November 19th - 25th</p>	Tues and Thurs 5:30-7:30pm	Member \$84 Non-Member \$99	Member \$84 Non-Member \$99
<p>LEVEL 3 + XCEL (Girls Only) *No Class October 23rd or November 19th - 25th</p>	Mon and Wed 5:30-7:45pm	Member \$92 Non-Member \$107	Member \$99 Non-Member \$114
<ul style="list-style-type: none"> • Sign up at the Welcome Center or online during registration. • Participants may enroll anytime after registration period ends at the Welcome Center with your fee prorated. • Intermediate and Pre-Team classes are currently combined due to the number of participants. 			

Programs may be subject to change.