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 <u>FREE!</u> PROGRESSIVE GYMNASTICS CLASS

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 12/31/2018

YOUTH GYMNASTYICS

Our affordable program teaches kids to have fun learning gymnastics skills through agespecific 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.







ymcaofportage.org







PORTAGE TOWNSHIP YMCA

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

www.ymcaofportage.org



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

STRETCH YOUR LIMITS!

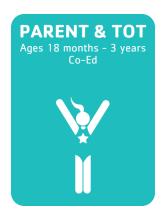
YOUTH GYMNASTICS

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



Fall | Session: Sept 10 - Oct 25 **Fall | Registration:** Aug 5 - Sept 1

Fall II Session: Oct 29 - Dec 20
Fall II Registration: Sept 23 - Oct 20



coordination, balance

and basic gymnastics

Fall I

Member \$29

Non-Member \$44

No Class Oct. 24

Fall II

Member \$29

Non-Member 44

No Class Nov. 7

skills.

PRESCHOOL SCOOTERS Ages 3 -5 years Co-Ed

MONDAYS or **WEDNESDAYS WEDNESDAYS**

10:45 AM - 11:20 AM 11:40 AM - 12:25 PM

For toddlers and their Focuses on "fun-loving" adult. coordination, flexibility, Small and large motor taking turns, following development is directions and getting enhanced with along with others. emphasis on eye-hand Fall I

Member \$29 Non-Member \$44 No Class Oct. 24

Fall II Mondays

Member \$25 Non-Member \$40 No Class Oct. 29

Wednesdays

Member \$29 Non-Member \$44 No Class Nov. 7

- 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.

OUESTIONS?

Contact Cathi Srednoselac, Head Coach Cathi@ymcaofportage.org

TUESDAYS & THURSDAYS

4:00 PM - 4:45 PM

FLIP, WIGGLE,

& ROLL

Ages 3 -5 years

Structured settina focuses on learning basic skills, taking turns, following directions and improving coordination.

Fall I

Member \$52 Non-Member \$67 No Class Oct. 25

Fall II

Member \$52 Non-Member 67 No Class Nov. 6

TUESDAYS & THURSDAYS

BEGINNERS

Ages 5+

with no prior experience

4:45 PM - 5:45 PM

Floor, vault, balance beam and uneven bars are used to teach basic skills. Benefits include: increased selfconfidence, improved concentration, better coordination& flexibility.

Fall I

Member \$64 Non-Member \$79 No Class Oct. 25

Fall II

Member \$64 Non-Member 79 No Class Nov. 6



INTERMEDIATE & PRE-TEAM

with prior experience



TEAM

Ages 5+ Must Schedule Try-out Girls Only



TUESDAYS & THURSDAYS

5:45 PM - 6:45 PM

Intermediates offers the same as Beginners Class skills with addition of more advanced skills on all piece of equipment.

Pre-Team is 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.

Fall I

Member \$64 Non-Member \$79 No Class Oct. 25

Fall II

Member \$64 Non-Member 79 No Class Nov. 6

The **"Sparklers"** have been in N.W.I. team competitions for over 30 years! Team participation is at the discretion of coach, Cathi Srednoselac.

LEVEL 2

TUESDAYS & THURSDAYS

5:30 PM - 7:30 PM

Fall I

Member \$86 Non-Member \$101 No Class Oct. 25

Fall II

Member \$79 Non-Member 94 No Class Nov. 6

LEVEL 3 & XCEL

MONDAYS & WEDNESDAYS

5:30 PM - 7:45 PM

Fall I

Member \$100 Non-Member \$115

Fall II

Member \$93 Non-Member \$108 No Class Oct. 29, Oct. 31