

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 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 46368.

EXPIRES 12/31/2019

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.



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



Winter Session: Jan 7 - Feb 22
Year-Round Registration

PARENT & TOT
Ages 18 months - 3 years
Co-Ed

PRESCHOOL SCOOTERS
Ages 3 - 5 years
Co-Ed

FLIP, WIGGLE, & ROLL
Ages 3 - 5 years
Co-Ed

BEGINNERS
Ages 5+
with no prior experience
Co-Ed

INTERMEDIATE & PRE-TEAM
Ages 5+
with prior experience
Girls Only

TEAM
Ages 5+
Must Schedule Try-out
Girls Only

WEDNESDAYS
10:45 AM - 11:20 AM
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.
<p>Winter Member \$29 Non-Member \$44</p>

MONDAYS or WEDNESDAYS
11:40 AM - 12:25 PM
Focuses on coordination, flexibility, taking turns, following directions and getting along with others.
<p>Winter Mondays Member \$21 Non-Member \$36 No Class Jan. 21 & Feb. 19</p> <p>Winter Wednesdays Member \$29 Non-Member \$44</p>

TUESDAYS & THURSDAYS
4:00 PM - 4:45 PM
Structured setting focuses on learning basic skills, taking turns, following directions and improving coordination.
<p>Winter Member \$56 Non-Member \$71</p>

TUESDAYS & THURSDAYS
4:45 PM - 5:45 PM
Floor, vault, balance beam and uneven bars are used to teach basic skills. Benefits include: increased self-confidence, improved concentration, better coordination & flexibility.
<p>Winter Member \$69 Non-Member \$84</p>

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.
<p>Winter Member \$69 Non-Member \$84</p>

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
<p>Winter Member \$86 Non-Member \$101 No Class Jan. 17</p>

LEVEL 3 & XCEL
MONDAYS & WEDNESDAYS
5:30 PM - 7:45 PM
<p>Winter Member \$72 Non-Member \$87 No Class Jan. 21 & Feb. 19 No Class, Home H.S. Meets, 1/28, 1/30, 2/13</p>

- 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.

QUESTIONS?

Contact **Cathi Srednoselac**, Head Coach
Cathi@ymcaofportage.org

