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.

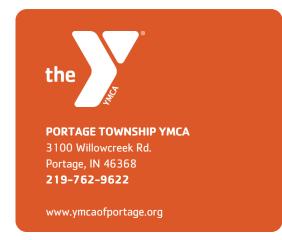
TRY ONE FREE PROGRESSIVE GYMNASTICS CLASS Whether you are a beginner or competitive gymnast, the Portage Township Y has a program for you! PARTICIPANT NAME Restrictions Apply. New participants only. One-time use per person, per year. Redeem at Welcome Center located at 3100 Willowcreek Road, Portage, 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.







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 2019 OPEN REGISTRATION YEAR-ROUND

Progressive Gymnastics

Summer I*: June 3rd - July 20th *No Classes July 1st - July 5th

Summer II: July 22nd - August 30th

Team Gymnastics

Summer I: June 4th - June 27th Summer II: July 16th - August 8th Summer III: August 20, 22, 27 & 29

PROGRESSIVE GYMNASTICS CLASSES	INFO	COST
PARENT & TOT (CO-ED) For toddlers and their "fun-loving" adult. Small and large mo- cor development is enhanced with emphasis on eye-hand co- ordination, balance and basic gymnastics skills.	18 months-3 years Mon or Wed 10:45-11:20am	Monday OR Wednesday Class: Member \$25 Non-Member \$40
*No Class the week of July 1st – 5th		
RESCHOOL SCOOTERS (CO-ED) ocuses on coordination, flexibility, taking turns, following lirections and getting along with others.	3-5 years Mon or Wed 11:40am-12:25pm	Monday OR Wednesday Class: Member \$25 Non-Member \$40
*No Class the week of July 1st - 5th		
LIP, WIGGLE & ROLL (CO-ED) tructured setting focuses on learning basic skills, taking urns, following directions and improving coordination. *No Class the week of July 1st - 5th	3-5 years Tues and Thurs 4-4:45pm	Member \$48 Non-Member \$63
EGINNERS (CO-ED) loor, vault, balance beam and uneven bars are used to teach asic skills. Benefits include: increased self-confidence, im- roved concentration, better coordination& flexibility.	5+ years with no experience Tues and Thurs 4:45-5:45pm	Member \$60 Non-Member \$75
*No Class the week of July 1st - 5th		
NTERMEDIATES (Girls Only) Offers the same as Beginners Class skills with addition of nore advanced skills on all piece of equipment. *No Class the week of July 1st - 5th	5+ years with prior experience Tues and Thurs 5:45-6:45pm	Member \$60 Non-Member \$75
RE-TEAM (Girls Only) or those interested in advancing to our team. Focuses on sing and enhancing skills used in competition: a routine on ault, bars, balance beam and floor. Periodic try-outs will be nnounced to those ready for advancement. *No Class the week of July 1st - 5th	Girls 5+ Tues and Thurs 5:45pm-6:45pm	Member \$60 Non-Member \$75
EAM GYMNASTICS	INFO	COST
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 nu- nerous awards is on display at the Y! Team participation is at the discretion of coach, Cathi Srednoselac.	Girls 5+ Team Session Begins June 5th	1x/week Member \$29 Non-Member \$44 2x/week Member \$56 Non-Member \$71
EVEL 2 (Girls Only)	Tuesdays 9:30am-11:30am Tuesdays 5:30pm-7:30pm	3x/week Member \$83 Non-Member \$98
EVEL 3 + XCEL (Girls Only)	Thursdays 9:30am-11:30am Mini Session - T/Th Only 5:30pm-7:30pm	Mini Session Member \$29 Non-Member \$44

- Sign up at the Welcome Center or online.
- Participants may enroll anytime at the Welcome Center with your fee prorated if in the middle of a session.
- Intermediate and Pre-Team classes are currently combined due to the number of participants.



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