

## Program Philosophy

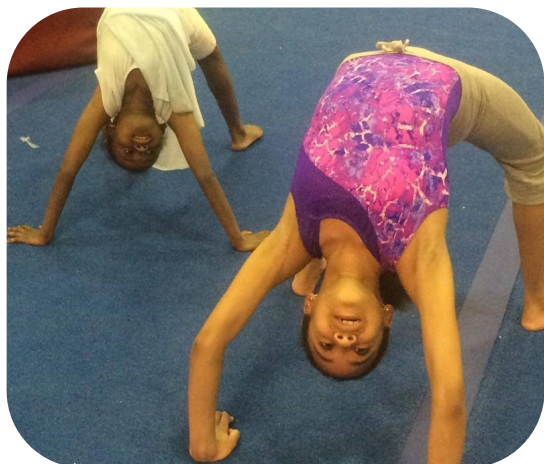
The Portage Township YMCA strives to help participants grow spiritually, mentally and physically while providing challenging activities for children of all ages under the guidance of our caring and well-trained staff.

## 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.



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JUMP FOR GYMNASTICS!

### YOUTH GYMNASTICS

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



Register anytime with an adjusted fee.

<b>PROGRESSIVE GYMNASTICS CLASSES*</b>	<b>INFO</b>	<b>COST</b> <b>4-Week Summer Session</b>
<b>PARENT &amp; TOT</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.	18 months-3 years Wed or Fri 10:45-11:20am	Full Member \$12 Program member \$ 17.25 Community Participant \$34.50
<b>PRESCHOOL SCOOTERS</b> Focuses on coordination, flexibility, taking turns, following directions and getting along with others.	3-5 years Wed or Fri 11:40am-12:25pm	Full Member \$12 Program member \$ 17.25 Community Participant \$34.50
<b>FLIP, WIGGLE &amp; ROLL</b> Structured setting focuses on learning basic skills, taking turns, following directions and improving coordination.	3-5 years Tues and Thurs 4-4:45pm	Full Member \$24 Program member \$ 34.50 Community Participant \$69
<b>BEGINNERS</b> Floor, vault, balance beam and uneven bars are used to teach basic skills. Benefits include: increased self-confidence, improved concentration, better coordination& flexibility.	5+ years with no experience Tues and Thurs 4:45-5:45pm	Full Member \$30 Program member \$ 43 Community Participant \$86
<b>INTERMEDIATES</b> Offers the same as Beginners Class skills with addition of more advanced skills on all piece of equipment.	5+ years with prior experience Tues and Thurs 5:45-6:45pm	Full Member \$30 Program member \$ 43 Community Participant \$86
<b>PRE-TEAM</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.	Girls 5+ Tues and Thurs 6:45-7:45pm	Full Member \$30 Program member \$ 43 Community Participant \$86
<b>TEAM-THE "SPARKLERS"</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+ Session One-June 8-July 2 Session Two-July 20-Aug 13 Mini Session-Aug 20-Sept 1	Session One and Two One practice per week \$21 Member/\$30 Program Member  Two practices per week \$42 Member/\$60 Program Member  Three practices per week \$63 Member/\$90 Program Member

Register on a 4-week session basis. Sign up at the Welcome Center or online during registration. Participants may enroll anytime after registration at the Welcome Center with your fee prorated.

Programs may be subject to change.

# CHAMPIONS START HERE!



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