

2017 FALL Session (11 Weeks) September 5 - November 20

30 minute Class

Y Members FREE / Non-Member \$26

40 minute class

Y Members \$112 / Non-Member \$143

55 minute & 70 minute class

Y Members \$148 / Non-Member \$179

TumbleBaby Crawlers

(Babies up to Age 2)

Parent participates with child lead by Gymnastics Instructor. Basic format is 5 minutes of group music & body part recognition games followed by 20 minutes of station activity focused on rolling, core strength, crawling & climbing finishing with 5 minutes of parachute games.

Pick One: Monday 9:30 - 9:55 am Saturday 8:45 - 9:10 am

TumbleBaby Walkers

(Age 2 to Age 3)

Parent participates with child lead by Gymnastics Instructor. Activities include group music & body part recognition games, station exploration emphasizing rolling, swinging, core strength, large/small muscle group activities closing with parachute and hand apparatus activities.

Pick One: Tuesday 9:30 - 10:10 am Wednesday 9:30 - 10:10 am
Saturday 9:20 - 10:00 am

TumbleBugs

(Age 3 to 4)

This transition class without parents focuses on listening skills, following directions, social skills as well as basic tumbling, bar, beam & vault skills appropriate for age 3.5-4 year olds.

Pick One: Monday 10:15 - 10:55 am Wednesday 10:15 - 10:55 am
Saturday 10:15 - 10:55 am Saturday 11:00 - 11:40 am

TumbleBees

(Age 4 & 5)

Children learn basic gymnastic tumbling, beam, bars & vault skills developmentally appropriate for their age. Group and individual activities are included to enhance social skills as well as fitness level.

Pick one: Tuesday 6:00 - 6:55 pm Thursday 4:30 - 5:25 pm
Saturday 11:45 - 12:40 am

COMBO TumbleBugs/TumbleBees **(Age 3-5)**

This class has a six maximum enrollment due to age differences.

Tuesday 10:15 - 11:10 am Tuesday 5:15 - 5:55 pm

Gymnastics 1 **(Age 6 to 12)**

A basics class for former TumbleBees, children new to gymnastics or those who are not able to perform a cartwheel and handstand alone without falling.

Pick One: Monday 4:15 - 5:10 pm Tuesday 7:00 - 7:55 pm
Thursday 5:30 - 6:25 pm

Gymnastics 2 **(Age 6 to 12)**

Entry Skill Requirements -- handstand & cartwheel without assistance or falling

Pick One: Monday 5:15 - 6:10 pm Thursday 6:30 - 7:25 pm

Gymnastics 3 **(Age 6 to 12)**

Entry Skill Requirements -- back kick over, roundoff, pullover AND completed a Gymnastics 1 or 2 Session.

Monday 6:15 - 7:25 pm

Private Lessons **(Contact Sue Krum)**

Y Members \$25 / Non-Members \$35 (1 hour class)

Back Handspring Clinic Y Members \$5 / Non-Members \$10

For children age 6 and older who have been enrolled in BAY Gymnastics Gym 1, 2 or 3 classes. Registration & pre-payment required. Only 8 spots available for this clinic. Register early!

Saturday, November 4 1:00-2:30

Open Gym FREE for Y Members / \$5 for Non-Members

Sundays 1:00 - 2:30 November 4, 11 & 18

BAY Gymnastics Policy

1. Pre-registration (payment & form) at Front Desk is required before the class. Child cannot be placed in a class without full payment.
2. Registration form may be downloaded from the YMCA website and then sent via email, fax, postal mail or in person. After emailing or faxing, call the YMCA to make payment over the phone.
3. All Session Fees will be pro-rated when registering after after Week 1.
4. Child must be the appropriate age the month of starting class.
5. Clothing Requirement: Girls – leotard, no jewelry & hair tied back; Boys – shorts & t-shirt; Bare feet, gymnastic shoes or gripper socks. Leotards are available for purchase during January & February in the YMCA lobby.
6. Missed Classes: One (1) missed class may be made-up per session that is scheduled with your child's teacher.
7. Cancelled Classes by the YMCA are made-up after week 11 of the Session. Parents are notified of the makeup day & time via class handout, posted flyer and email.
8. Weather Cancellations: Classes are cancelled only when the YMCA CLOSES due to severe weather. Notifications will be put on WHLM Radio 106.5, YMCA Facebook, and phone call/text message or email. Please make sure your numbers are current and readable!

Staff

BAY Instructors follow USA Gymnastics Safety Guidelines and written curriculum & lesson plans provided by the Director. Director, Sue Krum (B.S. in Health, Physical Education & Recreation) has coached since 1975, was owner & coach of a private gymnastics club from 1981-2007. During the 25 years of Columbia Academy, many local gymnasts qualified for State and Regional competitions in USAG Levels 4-10 and continued on to collegiate gymnastics including 1996 Olympian Kip Simons.

Sue is a Resilite Sports Products company rep in the Gymnastics/Cheer Division that includes traveling to Regional and National Gymnastics Conventions and weekly visits to Camp Woodward Gymnastics & Cheer, working with International, National & NCAA gymnasts and coaches. Sue is a USAG Professional Member, USAG Safety Certified, a USAG Certified Instructor, Certified Recreational Director and Certified Jr. Olympic Team Coach.



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MISSION

The Bloomsburg Area YMCA Gymnastics Program strives to provide a fun and safe environment for children to learn gymnastics and to promote the YMCA's Core Values of Caring, Honesty, Respect and Responsibility.

