



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA AYRLAWN PROGRAM CENTER

FALL 1 2017 PROGRAM OVERVIEW

**September 5th, 2017
to
October 29th, 2017**

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Youth Gymnastics Programs

Parent Child Gymnastics

From those first steps through toddlerhood, our Parent/Child classes promote early motor development, while they explore the gymnastics events. These mostly unstructured classes encourage free play using age-appropriate gymnastics equipment. Parents get to join in the fun as their little one explores their new mobility as they climb, hop, balance and swing!

Mini Movers (ages 2-3)

This class is a 45-minute class for both parent and child (2 to 3 years old) to develop strength and motor skills. Parents use games, playful exercises, and gymnastics equipment to develop your child's motor skills, coordination, and physical strength. Objectives of this class include for your child to have pride in physical achievement, develop a positive attitude toward exercise, and learn skills such as sequential motor planning. At least one (1) adult must be in class per child.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08101-11	Monday*	10:00 AM – 10:45 AM	\$80	\$95	Ayrlawn Mini-Gym
08101-07	Wednesday	10:00 AM – 10:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-65	Thursday**	10:00 AM – 10:45 AM	\$90	\$105	Ayrlawn Mini-Gym

****Thursday's Class is for our YMCA Ayrlawn Preschool students ONLY****

Preschool Gymnastics

At this stage, they are ready to be out on their own and to take on more skills! Children in this group will work on gaining strength and flexibility, gymnastics and gross motor skill development, as well as learning how to take turns, share and how to be a part of a group.

Tiny Tumblers (age 3)

This is the first of our independent classes. Kids in this group will learn basic skills on the bars, beam, ring, vault, and floor.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08101-15	Monday*	11:00 AM – 11:45 AM	\$90	\$105	Ayrlawn Mini-Gym
08101-19	Tuesday	3:30 PM - 4:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-18	Wednesday	11:00 AM – 11:45 AM	\$105	\$120	Ayrlawn Mini-Gym
08101-20	Wednesday	4:00 PM - 4:45 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-22	Thursday	11:00 AM – 11:45 AM	\$105	\$120	Ayrlawn Mini-Gym
08101-72	Thursday	3:30 PM - 4:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-23	Saturday	10:00 AM – 10:45 AM	\$105	\$120	Ayrlawn Mini-Gym

Preschool Gymnastics continued...

Gym Tots (ages 4-5)

We are moving on up! This class is focused on increasing motor skill development and basic gymnastics fundamentals such as rolls and simple body positions.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08101-26	Monday*	12:30 PM – 1:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-27	Monday*	3:30 PM – 4:15 PM	\$90	\$105	Ayrlawn Mini-Gym
08101-32	Wednesday	12:30 PM – 1:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-30	Wednesday	3:00 PM – 3:45 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-52	Thursday	12:30 PM – 1:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-33	Saturday	10:45 AM – 11:30 AM	\$105	\$120	Ayrlawn Mini-Gym

Kindergym (ages 5-6)

These kids are getting ready for the Big Gym! They are continuing work on the basics, as well as some transitional skills needed for our school age program.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08101-85	Tuesday	4:30 PM – 5:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-39	Thursday	4:30 PM – 5:15 PM	\$105	\$120	Ayrlawn Mini-Gym
08101-34	Saturday	11:30 AM – 12:15 PM	\$105	\$120	Ayrlawn Mini-Gym

School Age Gymnastics

The goal of the school age program is to instill a strong gymnastics foundation as well as creating healthy habits and a lasting love of fitness. Kids in this program advance according to skill level rather than by age. Beginner, Intermediate and Advanced classes are designed to develop the gymnast's natural ability and allow them to progress at their own pace.

Beginner Co-Ed Gymnastics (ages 6-12)

The emphasis in this class is to teach solid basic skills while improving strength, flexibility and balance. They will learn basic skills and gymnastics concepts on all four events; beam, bars, vault, and floor.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08201-02	Tuesday	3:45 PM – 4:45 PM	\$130	\$150	Ayrlawn Big-Gym
08201-08	Wednesday	3:45 PM – 4:45 PM	\$130	\$150	Ayrlawn Big-Gym
08201-03	Wednesday	4:45 PM – 5:45 PM	\$130	\$150	Ayrlawn Big-Gym
08201-04	Friday	4:00 PM – 5:00 PM	\$130	\$150	Ayrlawn Big-Gym
08201-05	Sunday	1:30 PM – 2:30 PM	\$130	\$150	Ayrlawn Big-Gym

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Intermediate Co-Ed Gymnastics (ages 6-12)

This class is for students needing more of a challenge. More difficult skills and combinations will be taught in this class.

Skills required for entry: Strong handstands, cartwheels, bridges, and steady walks on high beam.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08201-12	Monday*	3:45 PM – 5:00 PM	\$135	\$155	Ayrlawn Big-Gym
08201-13	Wednesday	3:45 PM – 5:00 PM	\$155	\$175	Ayrlawn Big-Gym
08201-14	Thursday	3:45 PM – 5:00 PM	\$155	\$175	Ayrlawn Big-Gym
08201-16	Sunday	2:30 PM – 3:45 PM	\$155	\$175	Ayrlawn Big-Gym

Advanced Co-Ed Gymnastics (ages 6-12)

Geared towards the more experienced gymnast, this class will work on more difficult skills and combinations as well as increasing strength, flexibility and self-discipline needed to progress to our team programs. Skills required for entry: Pullover on bars, Side handstand on low beam, Back walkover on floor, Handstand bridge.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
08201-24	Wednesday	4:45 PM – 6:00 PM	\$155	\$175	Ayrlawn Big-Gym
08201-25	Thursday	3:45 PM – 5:00 PM	\$155	\$175	Ayrlawn Big-Gym
08201-26	Sunday	3:45 PM – 5:00 PM	\$155	\$175	Ayrlawn Big-Gym

Boy's Gymnastics (ages 6-12)

No girls allowed! This is a beginner through intermediate class in which they will focus on building strength, and tumbling skills while making gymnastics fun.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08101-56	Tuesday	4:00 PM – 5:00 PM	\$130	\$150	Ayrlawn Big-Gym

Competitive Gymnastics

This group is by invitation only, please contact Keisha Thompson if interested in joining. Gymnasts have mastered their basic skills and are ready to begin putting together complex combinations and routines.

Pre-Team (ages 5-17)

Gymnasts will begin learning how to put skills together into combinations. Continued emphasis is on gaining strength and flexibility while working on walkovers, handsprings, front hip circles on bars, cartwheels and handstands on high beam. Please contact Keisha Thompson for information on tryouts at 301-530-8500 or keisha.thompson@ymcadc.org.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08301-03	Tuesday Thursday	4:30 PM – 6:30 PM 4:30 PM – 6:15 PM	\$315	\$350	Coaches

Competitive Girls Team (ages 6-17)

Girls on the competitive team will compete within the Mason Dixon Gymnastics League throughout the state of Maryland. Please contact Keisha Thompson for information on tryouts at 301-530-8500 or keisha.thompson@ymcadc.org.

Code	Day	Time	Full Member Cost	Program Member Cost	Instructor
08301-01	TBD	TBD	\$315/month	\$375/month	Coaches

