



Gymnastics

Summer 2012

Contact Information

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Gymnastics

This program offers a variety of gymnastics classes for children of all ages and abilities. From parent and child class to advanced level classes, see what we have to offer.

Session & Registration Dates

Evening

Session Dates

May 7 - May 24
 May 30 - June 14
 June 18 - July 5
 July 9 - July 26

Registration Dates

Y Members	Begins May 1	Non Y Members	Begins May 3
Y Members	Begins May 22	Non Y Members	Begins May 24
Y Members	Begins June 12	Non Y Members	Begins June 14
Y Members	Begins July 3	Non Y Members	Begins July 5

Evening classes meet twice a week for three weeks.
 No classes will be held Monday, May 28 or Wednesday, July 4.

Saturday

Session Dates

June 9 - July 14

Registration Dates

Y Members	Begins May 22	Non Y Members	Begins May 24
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Saturday classes meet once a week for six weeks.

Time

Monday & Wednesday

5:00 pm - 5:45 pm	Live Y'ers
5:00 pm - 6:00 pm	Level I: Beginner
5:50 pm - 6:20 pm	Tumbling Tykes
6:05 pm - 7:05 pm	Level II: Adv Beginner
6:25 pm - 7:10 pm	Kindernastics
7:10 pm - 7:55 pm	Mighty Movers
7:15 pm - 8:15 pm	Level III/IV: Inter/Advanced

Saturday

9:00 am - 10:00 am	Level I: Beginner
9:00 am - 9:45 am	Kindernastics
9:50 am - 10:20 am	Tumbling Tykes
10:05 am - 11:05 am	Level II: Adv Beginners
10:25 am - 11:10 am	Live Y'ers

Fees

Class prices will be prorated for Memorial Day and Labor Day.

Y Member	\$24
Y Non-Member	\$48

*Class descriptions on back.

Cooper Y



Class Descriptions

Parent and Child Level

Tumbling Tykes 18 months to 3 years

Participants will practice basic tumbling skills, learn social skills and develop a sense of hand-eye and large motor coordination through activities.

Mighty Movers 3 to 8 years

Children with special needs who need assistance from a parent are encouraged to take this class. Participants will practice basic tumbling skills, learn social skills and is a introduction to gymnastics. If your child has a hearing, speech, or vision impairment this class is for you!

Pre-School Level

Live Y'ers 3 to 4 years

Participants will practice basic tumbling skills, learn social skills and develop a sense of hand-eye and large motor coordination through activities.

Kindernastics 4 to 5 years

In this introduction to gymnastics class, participants will practice basic gymnastics skills to prepare child for level I gymnastics.

Youth Level

Gymnastics Level I-IV 5 years and up

Level I through Level IV are based on ability, and is recommended for ages five and above.

Level I-Beginner

Basic gymnastics skills on all apparatus and basic tumbling.

Level II-Advanced

Can do a correct backward roll, bridge up, and have a good start on a cartwheel.

Level III-Intermediate

Can do a back limber, round-off, handstand, capabilities on the apparatus.

Level IV-Advanced

Must have instructor's permission to enroll.

Registration Information

Pickup/Drop off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.). Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6400.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Cooper

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Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225