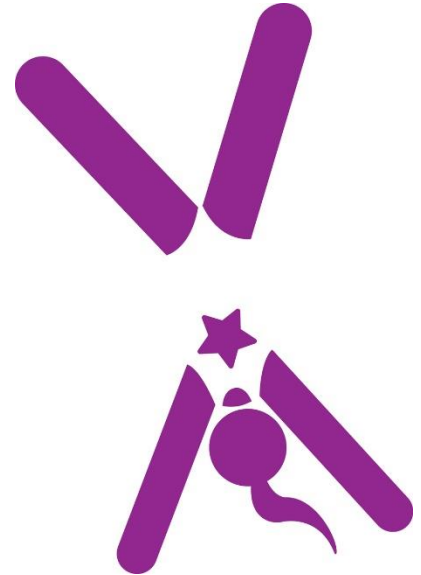




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FLEX YOUR SKILLS



## SPORTS & RECREATION

### Gymnastics Classes

WINTER 2019



**NEWTON YMCA**

1701 S. Eighth Ave. E., Newton, IA 50208

P 641 792 4006 F 641 791 3355 [www.newtonymca.org](http://www.newtonymca.org)



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## Gymnastics – Winter 2019

Gymnasts will receive weekly instruction, supervised practice, and the opportunity for an end of session showcase to show off what they have learned to their family and friends.

Dress Code: Students with shoulder length hair or longer are required to pull hair back for class. No earrings or jewelry. Boys: T-shirt and shorts; Girls: Leotard or T-shirt and shorts. T-shirts must be tucked in so mid-drift is not exposed while upside down.

**Who:** Tumbling for Tots age 3 - 4 (potty trained) 4:00-4:30 p.m. (30 min)  
Class offers large motor skills implemented and obstacle course introduction to equipment.

Gymnastics Level 1 age 5 - 7 4:45-5:45 p.m. (60 min)  
Includes introduction to front/back rolls, straddle rolls, cartwheels, headstands and beginning beams and bars.

Gymnastics Level 2 age 7 - 9 5:45-6:45 p.m. (60 min)  
Addition to Level 1 skills – back bends, handstands, front and back limbers.

Gymnastics Level 3 age 10 and older 6:45-8:00 p.m. (75 min)  
Addition to Level 2 skills – front and back walkover, running round-off and intro to handsprings.

**When:** **Fridays, January 11** Showcase on March 15

**Where:** YMCA Small Gym (Showcase will be in the YMCA Big Gym)

**Questions?** Contact Olga Baldwin, Instructor at (641) 792-4006 or gymnastics@newtonymca.org

### Gymnastics Winter 2019 (Spots open until filled)

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade (Fall 2018): \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_ Phone#: \_\_\_\_\_

Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_ Relationship: \_\_\_\_\_

**T-Shirt Size (circle):** Youth: 2-4 (XS) 6-8 (S) 10-12 (M) 14-16 (L) Adult: S M L XL

*Shirt Color: (circle) Pink Green*

<b>Fees:</b>			<b>Starting January 7</b>
___	Tumbling for Tots	\$54 Y Member/\$108 Non-Member	\$69 Y Member/\$115 Non-Member
___	Gymnastics Level 1	\$70 Y Member/\$140 Non-Member	\$85 Y Member/\$155 Non-Member
___	Gymnastics Level 2	\$70 Y Member/\$140 Non-Member	\$85 Y Member/\$155 Non-Member
___	Gymnastics Level 3	\$75 Y Member/\$150 Non-Member	\$90 Y Member/\$165 Non-Member

### Parental Release Agreement

I hereby certify that my child is in normal health and capable of safe participation in the youth sports program. I assume all risk(s) and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA to obtain medical treatment for my child in the event that parent(s) and the emergency contact cannot be reached.

I support the YMCA Youth Sports philosophy, which is based on participation, fun, physical fitness and health, skill development, teamwork, fair play, family involvement, and volunteer leadership.

I give the Newton YMCA permission to obtain pictures of my child while competing for the purposes of marketing the program.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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