



## **Youth Activities Ages 0—6 Years**

### **Hampshire Regional YMCA Refund Policy for Programs/Classes**

Requests for refunds or credit must be made in person or in writing. Refund or credit will be given according to the following schedule:

100%- 2 weeks before 1st week of class  
100% -voucher only 1 week prior to start of class

Once session begins, all changes must be approved by the program director.

### **Inside**

**Gymnastics**

**Dance**

**Music and Movement**

**Tumble and Play**

**Advanced Gymnastics**

**Gymnastics Team**

**Youth Sports**

*All classes meet in the Gym unless otherwise specified.*

## **Fall Session 1**

**September 7—October 30**

Member registration begins August 9

Non-member registration begins August 23

Hampshire Regional YMCA  
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## Gymnastics, Dance, and Music

**Gymnastics and Dance attire:** Girls should wear a leotard , bare-feet, or a modern sandal. Boys should wear close fitted t-shirt with shorts or comfortable pants. Long hair should be tied back.

### **Tumble & Play (12 mos.—4 years)**

Come play with us!

#### **FREE for members**

Tuesdays and Fridays 10:15—11:15 am

Begins September 14

### **Music and Movement (Ages 0—4 years)**

This exciting class teaches parent and child to come together through songs, rhymes, games, and dancing!

Thursday 10:15—11:00 am

Studio # 2

Member \$30, Non-Member \$60

### **Follow Me Gymnastics (Ages 18mos.— 2.9yrs)**

This is a great class for Parent and Child to learn safe techniques and beginning gymnastics together! Your toddler can learn to focus and have fun with you and our qualified instructors. Parent Participation is a must.

Saturday 9:00 – 9:30 am

Member \$44, Non-member \$88

### **Tumble-Tots Gymnastics (Ages 3 & 4)**

Our qualified instructors make learning safety techniques and beginning gymnastics FUN! Our Tumble-Tots Gymnastics Classes are grouped for age appropriate learning. This is the age when children have so much energy; they often do not have a safe outlet for it. Now they can: at the Y!

Tuesday or Thursday 3:30 – 4:00 pm or Saturday 9:30 – 10:00 am

Member \$50, Non-Member \$100

### **Gym-N-Swim (Ages 3-5)**

Preschoolers take a 25 minute gymnastics lesson, and then it's off to the small pool for a 25 minute swim lesson. This class teaches children safety and basic techniques that lay the foundation for more to come in the gym and in the water. Please arrive to the gym in a dry swimsuit.

Friday 9:00 – 9:55 am

Member \$70, Non-Member \$135

### **Gymnastics Team Levels:**

**Level 2**—Because we want to have a place for everyone on our team, we are now accepting level 2 gymnasts. Just like the upper levels of our team we stress learning basics first for safe skill progressions. These young athletes compete in 2 home meets and 2 away meets so that they can get a taste of competing with less intensity. Must be at least 5 years old.

**Level 3** – These gymnasts learn the routines, and are a part of all events. Gymnasts are always grouped by age group within their level at meets to ensure success for all. Must be at least 6 years old

**Level 4 and up** – The upper levels of gymnastics team (4 - 8) are learning and competing at a higher skill level. They also travel to competitions outside our Western Area League. Must be at least 6 years old.

**Home Team**—The Home Team learns the same skills and routines as the Travel Team, however by the gymnast's or the coach's decision they do not compete. Home Team athletes still participate in all other team activities. Any level may opt to be part of the Home Team. This will create a space for those athletes who need to focus on skill development without the pressure of competition. The practice schedule will be the same as the regular team, so the cost is the same as a travel team gymnast.



## ***HRV Gymnastics Team***

### **Gymnastics Team 2010-2011**

*Our Gymnastics Team offers great opportunities to excel in an exciting and dynamic sport in a safe, enthusiastic, and motivating environment.*

*Gymnasts are introduced to competition when it is appropriate for them physically and mentally.*

*The impact that being part of a team has on an individual lasts a lifetime. Through a team environment, many friendships and bonds are shared. Teams promote sharing, cooperation, and compromise, which are important lessons to be learned. Setting and achieving goals while acquiring new skills results in increased self-esteem.*

### **Practice Schedule:**

#### **Level 2 & 3**

Tuesday 5:00 pm – 6:15 pm

Thursday 5:00 pm – 6:15 pm

Saturday 10:00-11:15 am

#### **Level 4+**

Tuesday 6:00 – 8:30 pm

Thursday 6:00- 8:30 pm,

Saturday 10:00 am – 12:30 pm

Sunday 4:00 – 7:30 pm (Preseason Only)

**Please note:** First semester payment is increased for level 4+ because of extra practice during pre-season.

### **Team Fees:**

<b>Fall/Winter Semester 1</b>	<b>Level 2 &amp; 3 Home &amp; Travel Teams</b>	<b>Level 4+ Home &amp; Travel Teams</b>
Household Member Discount	\$335	\$441
Youth or Y-Team	\$410	\$520

**Please Note:** All Team members must have an active Hampshire Regional YMCA membership.

***Interested in joining our Team? Come tryout!***

***Fall Tryouts are September 9th @ 5:50-6:30 with an orientation to follow. For more information contact Head Coach Marion Jordan.***

## **Dance Classes**

### **Creative Movement Ages (3-6)**

Creative, imaginative, and invigorating movement helps teach basic movements which are a perfect prerequisite to ballet.

#### **Ages 3 & 4**

Saturday 10:15 – 10:45 am

#### **Ages 5 & 6**

Saturday 10:50 – 11:20am

Studio # 1 with Caitlin

Member \$45, Non-Member \$90

### **NEW! Family Dance (Ages 3-5 with Parent)**

Be creative, bond with your child and give the family a chance to get some exercise.

This class is filled with fun dance structures for you and your child to move creatively to. We will play with mirroring, props, speed, rhythms, pretending, movement choices and much, much, more. This class promotes spatial awareness, balance, directional, decision making, coordination, and musicality. Parent participation is a must.

Tuesday 4:00-4:30 pm

Member \$45, Non-Member \$90

Classes are held in Studio # 1 with Amy Kotel

### **NEW! Gym-N-Dance (Ages 4-6)**

Preschoolers take a 25 minute dance , and then it's off to the gym for a 25 minute gymnastics lesson . This class teaches children safety and basic techniques that lay the foundation for more to come in the gym and in the dance world. Arrive to Studio # 1 in proper attire.

Friday 3:30-4:30 pm

Member \$70, Non-Member \$135

### **NEW! Cheer Dance (Ages 4-6)**

This class teaches your child the basics of cheering, and cheer style dancing. The chants make learning the steps easier and more fun!

Sunday 2:10-2:55 pm

Member \$48, Non-Member \$93

Class is held in the Gym with Caitlin

### **NEW! Children's Ballet/Jazz (Ages 5-7)**

With a prerequisite of Creative Movement (or comparable dance class), this class will begin to teach a more structured quality of movement. Basic ballet and jazz concepts are taught.

Saturday 11:30-12:15pm

Member \$48, Non-Member \$93

Classes are held in Studio # 1 with Caitlin

### **NEW! Hip Hop Dance (Ages 5-7)**

This high energy class will teach your kids how to get funky with the hottest hip hop songs! Join us for cool moves and bangin' beats!

Friday 4:45-5:30 pm

Member \$48, Non-Member \$93

Classes are held in Studio # 2 with Caitlin

## Youth Sports

### **Rookies Soccer and Parent & Child Soccer (Ages 3-6)**

This program is designed to teach your child the basics. Skills are taught through fun age appropriate games that show your child the fundamentals of soccer. Your child will learn a new sport in a fun, nurturing environment.

#### **Ages 4-6**

Wednesday 3:30—4:00 pm

Member \$45, Non-Member \$90

#### **Age 3 With Parent**

Monday 10:30-11:00 am

Member \$38.75, Non-Member \$78.75

### **Rookies Basketball (Ages 4-6)**

This program is designed to teach your child the basics. Skills are taught through fun age appropriate games that show your child the fundamentals of basketball. Your child will learn a new sport in a fun, nurturing environment.

#### **Ages 4-5**

Monday 3:55-4:25 pm

Member: \$38.75

#### **Ages 5-6**

Monday 4:30-5:00 pm

Non-Member: \$78.75

### **Playground Players (Ages 4-6)**

Our new class will teach your child playground favorites such as kick-ball, dodge ball, parachute games, and more! In this “mini” Physical Education class, children will learn cooperation, coordination, and stay active!

Wednesday 4:05-4:35 pm

Member: \$45, Non-Member: \$90

### **Family Karate (Ages 6-12 with Adult)**

This class is offered FREE to YMCA Members ONLY.

Ages 6-12 & ADULT PARTICIPATION IS A MUST!

Monday 4:30-5:15 pm

Studio # 1 *with Ana Maria*

## School-Aged Gymnastics

### **Gym Kids 1 (Ages 5 & 6)**

In this first level of our Progressive Gymnastics lessons, gymnasts will learn proper vaulting techniques, gain physical strength needed for the uneven bars, learn basic loco motor skills required to balance on the beam, acquire rolling and support positions on the floor, and have safety education and learn to be spatially aware of themselves.

Tuesday or Thursday 4:00 – 4:45 pm or Saturday 10:00 – 10:45 am

Member \$48, Non-Member \$93

### **Gym Kids 2 (Ages 5 & 6)**

This is the second level of our Progressive Gymnastics program. Gymnasts will learn to use their bodies in a more powerful way for vaulting, they will also begin to cast and rotate around the uneven bars. Balance beam will include jumping and hopping, and on floor, children will learn some basic tumbling.

Tuesday or Thursday 4:00 – 4:45 pm or Saturday 10:00 – 10:45 am

Member \$48, Non-Member \$93

### **Advanced Gymnastics Level 1 (Ages 5-9) & Level 2 (Ages 10 - 15)**

We are proud to offer these advanced classes that can help your young athlete enjoy a great sport without the pressure or intensity of being on a team. These gymnasts get two hour-long classes taught by our skilled team coaches. Gymnasts can expect to gain a lot of skill, strength, and flexibility development through this new class. To achieve the greatest success rate and have the highest amount of attention given, the space in the class will be limited.

Tuesdays & Thursdays 5:15 – 6:15 pm

	<b>Sept. 14-Dec. 17 Fall/Winter Semester</b>	<b>Jan 6 – June 16 Winter/Spring Semester</b>
Household Member Discount	\$212	\$212
Youth or Y-Team	\$228	\$228
Non-Member	\$258	\$258