

# GYMNASTICS

## FOX VALLEY FLYERS

The Fox Valley Flyers is a competitive gymnastics team that competes in YMCA and USAG meets. The Flyers have the opportunity to qualify for YMCA Nationals each year. This summer the Flyers will travel to Savannah, Georgia to compete in YMCA Gymnastics Nationals. **Team try-outs are held each year in June as a part of our annual Summer Gymnastics Camp. All gymnasts that would like to be considered for the competition team must attend camp.** For additional information please contact Gymnastics Director Karen Oelker at koelker@foxvalleyymca.org.

Our goal as coaches is to not only make this a strong, competitive team, but to teach our girls the importance of working together and supporting each other. We believe what they learn here will stay with them long after their gymnastics careers.



USA GYMNASTICS



## 2017 GYMNASTICS CAMPS - JUNE 5-8 INSTRUCTIONAL CAMP

**Ages 6+** | This camp is for girls 6+ and runs 9am-3pm, Monday through Thursday. We will work on all four gymnastics event, plus swim and participate in indoor and outdoor activities each day. New this year, all girls in Instructional Gymnastics Camp will receive a custom-printed leotard. Campers should bring a swim suit, towel, lunch, and a change of clothes. \$145M/\$175NM

### PRESCHOOL CAMP

**Ages 4-5** | This camp for boys and girls runs 9am-12pm, Monday through Thursday. Campers will work on all four gymnastics events, plus swim and participate in indoor and outdoor activities (including tie-dyeing camp shirts) each day. Campers should bring a swim suit, towel, snack, and a change of clothes. \$80M/\$100NM

## TUMBLING CLASSES (CO-ED)

### SPECIAL NEEDS CLASS (AGES 2+)

this class is for children who want to experience the fun and excitement of gymnastics in a more comfortable setting. The children get to use mats on the floor. They can walk on a beam and also jump on the Tumble Trak into our foam pit. A parent is required to attend this class with their child.

### BEGINNER (AGES 6+)

This class is for boys and girls who want to learn basic tumbling such as handstands, cartwheels and rolls. We also work on body position and form.

### BOYS TUMBLING (AGES 6+)

This is our class just for boys! Students will learn the same skills as in Beginner Tumbling, but in a boys-only class setting.

### CHEER TUMBLING (AGES 6+)

We offer classes for cheerleaders who need to learn to tumble. Beginner Cheer is for girls with little or no tumbling experience. Advanced Cheer is for girls who have mastered Cheer Beginner.



## GYMNASTICS MINI MEET

**AUGUST 5 | \$40M/\$60NM**

**NEW THIS Summer!** As part of our Summer Gymnastics Program, we are offering students who are enrolled in class the opportunity to participate in our Annual Mini Meet! Gymnasts will learn routines and then perform them in front of family and friends. Each participant will receive a trophy! Late registration fee applied after June 30th.

## PRESCHOOL CLASSES - AGES 2-5

### TUMBLING TYKES (AGES 2-3 WITH PARENT)

This class is designed for boys and girls to explore the exciting world of gymnastics while also learning to interact with other children. This class is for the child and parent only. Kid Zone is available at no charge (for members) and is a great place for your other children to visit while you are in class with your Tumbling Tyke.

### MIGHTY TYKES (AGES 4-5)

Now it's time to learn more of the basics of gymnastics without Mom or Dad. Students will work on all four events with a group of friends guided by one of our instructors.

## GIRLS INSTRUCTIONAL CLASSES

### BEGINNERS GIRLS (AGES 6+)

This is a fun filled class for girls who would like to learn more about gymnastics. Basics will be taught on all four events (beam, bars, floor and vault).

### PROGRESSIONS

When students have mastered all the skills in Beginner they will move on to Progressions. Progression meets for two hours a week.

**Advancement from each level is dependent on the individual gymnast. The Y reserves the right to move gymnasts to the appropriate levels, combine classes, cancel classes, and change times during the course of all sessions.**

# GYMNASTICS



**SUMMER CAMP:** June 5-8  
**SUMMER SESSION:** June 12 - August 5 (8 weeks) **\$85M/\$145NM**

Classes meet once a week for an hour unless stated otherwise. No classes held on Friday during our Summer Session.

| PROGRAM                                | CODE                         | MON                     | TUE  | WED   | THURS          | SAT                            |
|--|------------------------------|-------------------------|--|---|----------------|--------------------------------|
| <b>PRESCHOOL CLASSES (Ages 2-5)</b>    |                              |                         |  |   |                |                                |
| Tumbling Tykes                         | 01GYTTA                      | 5-6pm                   | 9-10am   |   |                |                                |
| Mighty Tykes                           | 01GYMTA                      | 4-5pm<br>5-6pm<br>6-7pm | 10-11am<br>11am-12pm<br>4-5pm<br>5-6pm           | 9-10am<br>10-11am<br>11am-12pm<br>4-5pm<br>5-6pm<br>6-7pm |                | 9-10am<br>10-11am              |
| <b>GIRLS INSTRUCTIONAL (Ages 6+)</b>   |                              |                         |  |   |                |                                |
| Beginners                              | 01GYBEGA                     | 4-5pm<br>5-6pm<br>6-7pm | 9-10am<br>10-11am<br>11am-12pm<br>4-5pm<br>5-6pm | 9-10am<br>10-11am<br>11am-12pm<br>4-5pm<br>5-6pm<br>6-7pm | 4-5pm<br>5-6pm | 9-10am<br>10-11am<br>11am-12pm |
| Progressions<br>(1x/week: 2hr session) | 01GYPRA<br>(\$140M/\$210NM)  | 12-2pm                  |  |   | 4-6pm          |                                |
| Progressions<br>(2x/week: M/W or T/Th) | 01GYPRBA<br>(\$140M/\$210NM) |                         | 5-6pm  |   | 5-6pm          |                                |
| <b>CO-ED TUMBLING CLASSES</b>          |                              |                         |  |   |                |                                |
| Special Needs<br>(\$60)                | 01GYTUABA                    | 6-7pm                   |  |   |                |                                |
| Beginner                               | 01GYTUBA                     |                         | 6-7pm  |   |                | 11am-12pm                      |
| Boys Tumbling                          | 01GYTUBOYA                   | 6-7pm                   |  |   |                |                                |
| <b>CHEER CLASSES (Ages 6+)</b>         |                              |                         |  |   |                |                                |
| Beg. Cheer                             | 01GYCHA                      |                         |  | 5-6pm   |                |                                |
| Adv. Cheer                             | 01GYCHB                      |                         |  | 6-7pm   |                |                                |