

# 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 Toledo, Ohio 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.



## 2018 GYMNASTICS CAMPS | JUNE 4-7 INSTRUCTIONAL CAMP



Ages 6+ | \$145M/\$175NM

Fairies, Mermaids, Unicorns — OH MY! Come join us for our Magical Gymnastics Camp. This camp is for girls 6+ and runs 9am-3pm, Monday through Thursday. We will work on all four gymnastics events, plus swim and participate in indoor and outdoor activities each day. Campers should bring a swim suit, towel, lunch, and a change of clothes.

## PRESCHOOL CAMP

Ages 4-5 | \$80M/\$100NM

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 each day. Campers should bring a swim suit, towel, snack, and a change of clothes.

## TUMBLING CLASSES (CO-ED)

### 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.

### PLEASE REMEMBER PROPER ATTIRE

- No tights, jewelry, watches, baggy clothes, jeans, zippers, belts, shorts with rivets, or shorts/pants with drawstrings are to be worn.
- All earrings must be taken out before class. The Fox Valley Family YMCA is not responsible for lost items.
- Hair must be tied back and out of face.
- Progressions level and above must wear leotards to class.



## GYMNASTICS MINI MEET

**AUGUST 11 | \$40M/\$60NM**

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 – AGES 6+ BEGINNERS GIRLS

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

Advancement from each level is dependent on the individual gymnast and can take anywhere from 2 sessions to 2 years. 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



**GYMNASTICS SUMMER CAMP: June 4-7**  
**SUMMER SESSION: June 11 - August 11** (9 weeks)

**\$95M/\$150NM**

Classes meet once a week for 55 min.  
 unless stated otherwise. No classes held  
 on Friday during our Summer Session.

PROGRAM	MON	TUE	WED	THURS	SAT
<b>PRE-SCHOOL CLASSES (Ages 2-5)</b>					
<b>Tumbling Tykes</b>	5-5:55pm	9-9:55am			
<b>Mighty Tyke</b>	4-4:55pm 5-5:55pm 6-6:55pm	9-9:55am 10-10:55am 11-11:55am 4-4:55pm 5-5:55pm	9-9:55am 10-10:55am 11-11:55am 4-4:55pm 5-5:55pm		9-9:55am 10-10:55am
<b>GIRLS INSTRUCTIONAL (Ages 6+)</b>					
<b>Beginners</b>	4-4:55pm 5-5:55pm 6-6:55pm	10-10:55am 11-11:55am 4-4:55pm 5-5:55pm	9-9:55am 10-10:55am 11-11:55am 4-4:55pm 5-5:55pm	4-4:55pm	9-9:55am 10-10:55am 11-11:55am
<b>Progressions</b> (1x/week: 2hr session)	12-1:55pm (\$157M/\$235NM)			4-5:55pm	
<b>Progressions</b> (2x/week: T/Th)		5-5:55pm (\$157M/\$235NM)		5-5:55pm	
<b>TUMBLING CLASSES</b>					
<b>Beginner (Co-Ed)</b>		6-6:55pm			11-11:55am
<b>Adv Tumbling (Co-Ed)</b>		6-6:55pm			
<b>Boys Tumbling</b>	6-6:55pm				
<b>CHEER CLASSES (Ages 6+)</b>					
<b>Beg. Cheer</b>			6-6:55pm		
<b>Adv. Cheer</b>			6-6:55pm		

**ALL AROUND  
STRONG**

**GYMNASTICS  
CHEERLEADING**