

## Active Adults

### Monthly Potlucks

Y members and non-members, please come join us every month for a free potluck luncheon! Bring your favorite side dish to share and a friend and the Y will provide the entrée, drinks, and table service. A free program will be given as well, so make plans to share lunch with us on the following **Wednesdays from 11:30am to 1:00pm**

September 27

October 25

November 22

### Day Trips

#### September 20– Hermann Day Trip

Join us as we visit this historic town. We will have a quick lunch at Concert Hall and Barrel. Afterwards we will visit the Deutschheim State Historic Site. This will include tours of the Pommer-Gentner House and the Strehly House. To finish off the day we will visit the best antique shops Hermann has to offer! As always the cost of lunch is included in the price of the trip.

**Date:** Wednesday, September 20

**Time:** Leave around 9:00 am and return before 6:00 pm

**Early Bird:** Wednesday, September 13

**Early Bird Fee:** Member: \$45

**Program Fee:** Member: \$50  
Non-member: \$60

**Minimum:** 9      **Maximum:** 20

#### October 18– Driving Miss Daisy

"Daisy Werthan, a wealthy Jewish widow, must use a chauffeur after wrecking yet another car. Her son hires a thoughtful, unemployed black man named Hoke Colburn for the job, and while the relationship is strained at first, the two grow to become dear friends. This funny, joyful play won the Pulitzer Prize, and the film adaptation won four Academy Awards, including Best Picture!"

**Date:** Wednesday, October 18

**Time:** Leave around 9:30am and return before 6:00pm

**Early Bird:** Wednesday, October 11

**Early Bird Fee:** Member: \$60  
Non-Member: \$75

**Program Fee:** Member: \$75  
Non-Member: \$90

**Minimum:** 5      **Maximum:** 12

#### November 15– Liberty Day Trip

Join us as we visit Liberty for the day. We will start the day with a lunch at the Pizza Ranch. After we will visit the Clay County Museum and Historic Site. Following we will tour the Jesse James Bank Museum. We will end the day with a stop at the Liberty Jail Historic Site. As always the cost of lunch is included in the price of the trip.

**Date:** Wednesday, November 15

**Time:** Leave around 9:30am and return before 6:00pm

**Early Bird:** Wednesday, November 8

**Early Bird Fee:** Member: \$45

**Program Fee:** Member: \$50  
Non-Member: \$60

**Minimum:** 6      **Maximum:** 20



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# FALL INTO FITNESS



**Fall 2017 Program Guide**

**SALT FORK YMCA**

**740 E. Yerby, Marshall MO 65340**

**P: 660.886.9622      F: 660.886.6599**

## MEMBERSHIP INFORMATION

The Salt Fork YMCA offers two different membership payment types: monthly or annual. Monthly memberships are deducted from your credit, debit, savings or checking account on the first or the fifteenth of the month. The membership is continuous, though you may cancel at anytime with a thirty (30) days written notice. **Should you cancel your membership, you may rejoin within 30 days to avoid paying the Joining Fee again.**

Membership Type	Joining Fee	Monthly
Adult	\$40.00	\$37.00
College Student	\$20.00	\$25.00
Household	\$50.00	\$54.00
Senior (65+)	\$40.00	\$27.00
Senior Couple (65+)	\$40.00	\$45.00
Single Parent	\$50.00	\$46.00
Youth (17 & under)	\$30.00	\$17.00

\* Annual memberships must be paid in full and are non-refundable. Membership rates are subject to change; you will be notified in writing before any changes take place.

## MEMBERSHIP DESCRIPTIONS

**Household Membership:** A maximum of two adults and all dependent children living in the same household. The term "children" is defined as any person under the age of 18 who is a natural or legally adopted child or can be claimed as a dependent of the adult under federal or state income tax laws. To also include: foster children, international exchange students and children up to age 26 who still reside in the home (must provide proof of residency). Up to two additional adults may be added onto the membership for \$20 per adult per month. Adult(s) added onto the membership must show proof of same residency to be on the membership.

**Adult Member:** Any person 18 years of age or over other than a family or senior member.

**Senior Adult Member:** Any person age 65 or older.

**Senior Couple Member:** Two adults living within the same household, both being at 65 years of age or older.

**Youth Member:** Individuals under the age of 18.

**College Membership:** Any student that has 12 hours or more of college hours is considered a full-time student. A copy of their schedule or college ID showing full-time status must be presented at time of registration. College students 26 years of age or older must have their own membership.

**Single Parent Membership:** 1 parent (widowed, divorced, separated, single) and children (same definitions as child for Household Membership) up to age 26 (children ages 18 -26 must provide proof of residency).

## HOURS OF OPERATION

Hours subject to change due to facility usage.

**Building Hours:** Day after Labor Day until day after

Memorial Day  
 Monday–Thursday: 5:00am–10:00pm  
 Friday: 5:00am–7:00pm  
 Saturday: 6:00am–6:00pm  
 Sunday: 1:00pm–6:00pm

**Summer Building Hours:**

Monday–Thursday: 5:00am–10:00pm  
 Friday: 5:00am–7:00pm  
 Saturday: 6:00am–6:00pm  
 Sunday: 1:00pm–4:00pm



**Aquatics Area Hours:**

Monday–Thursday: 5:30am–1:00pm  
 3:30pm–8:00pm  
 Friday: 5:30am–1:00pm & 3:30pm–6:00pm  
 Saturday: 7:00am–5:00pm  
 Sunday: 1:00pm–5:30pm

**Summer Aquatics Area Hours:**

Monday–Thursday: 5:30am–8:00pm  
 Friday: 5:30am–6:00pm  
 Saturday: 7:00am–5:00pm  
 Sunday: 1:00pm–3:30pm

**Childwatch/Kid's Gym Hours:**

Monday–Friday mornings: 8am to 11am  
 Monday–Thursday evenings: 4pm to 8pm  
 Saturday mornings: 8:30am to 11:15am

**The Y will be closed on the following holidays:**

New Years' Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, & Christmas Day. The Aquatics and Childwatch/Kid's Gym areas will be closed on those holidays and no classes will be held.

**We will be open limited hours on the following holidays:**

The Y will close at 12pm on Christmas Eve and on New Year's Eve.

## FINANCIAL ASSISTANCE

As a charitable organization, our mission is to ensure that Y services are available and accessible to all, regardless of ability to pay. Financial assistance is provided through donations to the Salt Fork YMCA's Annual Support Campaign. If you have questions about applying for Financial Assistance, please contact Rachel Hayworth, Business Director or the Front Desk.

## Women On Weights

Lifting weights isn't just for the boys!

This class is for women that want to learn more about how to properly use the weight room.

Have you always wanted to learn how to use weights, but don't know how to get started? Do you feel intimidated by the environment? This is the class for you. Our wellness staff will teach you about the benefits, the process, and the techniques of strength training specifically for women. You will be shown the proper techniques of training specific muscle groups as well as putting into practice what you have just learned. This is a "hands on" class and is designed for anyone who is looking for a change in her routine. This class will focus mainly on the free weight area of the Y, but may also utilize other training aids used in strength training. Have fun and kick your strength routine into high gear. This class will meet 2 days a week for 6 weeks. Members must be 14 years or older to participate in this program. MEMBERS ONLY

Minimum: 5 participants

**Dates:** Session I: September 5 –October 12 **Early Bird:** August 29

Session II: October 23–December 7 **Early Bird:** October 16

No classes the week of November 20 - 24

Time: 8:30 am – 9:30 am M/W (days/times may change)

Early Bird Fee: \$45.00

Program Fee: \$50.00

Location: Salt Fork YMCA-free weight area

## Jingle all the Weigh – Holiday Trimmings Challenge 2017

Our 6-week Holiday Weight Loss Challenge will help you get in shape and keep the weight off this holiday season. We have a great plan to help you adopt healthy eating and exercise habits while saying 'No' to those tempting holiday cravings. Are you up for the challenge? If you can maintain your weight within 2 pounds (or drop body fat percentage) for 6 weeks, you will receive your money back in the form of a YMCA voucher that can be used towards any YMCA program. If you gain more than 2 pounds during this 6-week challenge, your \$20 fee will be donated in your name to the Y's Annual Campaign. As part of this fun-filled Holiday Weight Loss Challenge, you will receive:

- A one-of-a-kind YMCA Holiday Weight Loss Challenge t-shirt
- Three weigh-ins/InBody analysis: Weeks 1 and 6 (mandatory) and Week 3 (optional)

Weekly emails with workout tips, healthy holiday recipes and special fitness challenges, designed specifically for our Weight Loss Challenge participants

Let's have a little fun this holiday season. Together, we will help you celebrate the holiday season happy and healthy!

Minimum: 10 participants

**Dates:** November 20–January 1

**Program Deadline:** Monday, November 20

**Program Fee:** \$20

# FOR HEALTHY LIVING

## Couch Potato to 5K Training Program

Go from being a couch potato to a 5k finisher with this training program. Beginning Saturday September 2nd, join like-minded individuals as they train for Salt fork YMCA's Boo 5k run/walk. This program will take you from the couch to the finish line with training that gradually increases your endurance and your fitness level. You will receive coaching tips throughout your training period in a fun group setting. Participants are automatically registered for the Boo Run 5k on Saturday, October 28<sup>th</sup>. You will be given a workout schedule to follow during the week and we will run as a group on Saturday mornings.

**Dates:** Saturdays, September 2 – October 28 **Minimum: 10 participants**

**Time:** 8:30-9:30 am (child watch is available at the YMCA)

**Early Bird Deadline:** Tuesday, August 29

**Early Bird Fee:** Members: \$40 Non-Members: \$50

**Program Fee:** Members: \$50 Non-Members: \$60

## Boo Run

Come join us in this spooktacular 5K that takes you through the streets of Marshall and then it's back to the YMCA for some tasty treats afterward! Don't forget to wear your costume as we will have a costume contest for most original, scariest, funniest and best youth costume. (Note: you MUST participate and wear your costume during the race in order to be eligible for contest prizes). Sign up by early bird in order to get a t-shirt!

**Date:** Saturday, October 28 **Time:** 9:00 am

**Early Bird Deadline:** Wednesday, October 18

**Early Bird Fees:** Member: \$25 Non-Member: \$30

**Program Fees:** Member: \$30 Non-Member: \$35

## Turkey Trot Run/Walk

This is a 2 mile fun run/walk that even the youngest can participate in. We ask that you bring 2 canned good items for each person participating for the food pantry as your donation to this race. Bring your family for a gobble of a good time!

**Date:** Saturday, November 25 **Time:** 8:00 am

**Early Bird Deadline:** Saturday, November 25

**Early Bird Fees:** Members & Non-Members: 2 canned good items per participant

## Jingle Bell Run

New day, time and route for 2017- This fun, festive 5K will feature holiday treats to eat, hot cider, and the ugliest Christmas sweaters you've ever seen. Participants are encouraged to wear holiday themed apparel, where wearing the ugliest matters! There will be a contest for the ugliest sweater out there. (Note: you MUST participate and wear a hilariously hideous sweater to be eligible for ugly sweater prizes). Run as a group through the streets of Marshall and see the beautiful holiday decorations. All participants registered by the early bird deadline, Wednesday, December 6 will be guaranteed a long sleeve t-shirt with their entry fee.

**Date:** Saturday, December 16 **Time:** 9:00 am

**Early Bird Deadline:** Wednesday, December 16

**Early Bird Fees:** Member: \$25 Non-Member: \$30

**Program Fees:** Member: \$30 Non-Member: \$35

## Youth & Family

### Birthday Parties

Celebrate your birthday at the YMCA! Mom and Dad forget about the confusion and clean up. Parties offer children play time in the Kid's Gym, treat bags and lots of fun. Parties are scheduled for 1.5 hours and will be available on the weekends during regular facility hours. Prices are for up to 20 kids, each additional child is \$2. Parties are booked on a first come first serve basis on Saturdays and Sundays. **Please make your reservation at least 2 weeks in advance.** All parties are held in the Kid's Gym birthday party area. Contact Program Director, Jay Bradley for more information.

**Package A:** Includes choice of cake or cupcakes and ice cream, punch, treat bags for each child, tableware, games, sport activity, and decorations.

Member: \$150 Non-member: \$210

**Package B:** Includes cake or cupcakes, ice cream, punch, and tableware.

Member: \$120 Non-member: \$180

**Package C:** You will have use of the birthday party area in the kid's gym. We provide a staff member to assist you with your party. You may come 20 minutes prior to the party to decorate area.

Member: \$60 Non-member: \$100

**Sports Activities:** You can add the sport activities, swimming or basketball to birthday packages B & C for an additional \$20.00. Swimming will not be available on the second Saturday of the month due to the Pool Inflatable.

**Birthday Bash: \*Only available on the second Saturday of the month.** This is a 2 hour birthday party with one hour birthday party room use before an hour of the Pool Inflatable. The pool and inflatable will be available for just the Birthday Bash participants. It includes choice of cake or cupcakes and ice cream, punch, treat bags for each child, tableware, and decorations. Member: \$220 Non-: \$280

### After School Program:

The YMCA believes children of all abilities need to have opportunities to develop and explore their individual skills and interests through a balance of developmentally-appropriate and educational benefits or **"Play=Learning"**. Through participation in the After School Program, your child(ren) will be engaged in safe, fun and enriching programs that include enhancement activities that are self-directed and rewarding. Our State licensed programs are designed to provide each child with a variety of positive healthy and interesting activities throughout the week.

**Location:** Benton

**Grades:** K-5

**Early Bird:** Wednesday before the week you are registering

**Time:** 3:00-6:00 PM (except Wed. 2:00-6:00 PM)

1st Wednesday of the month 12:30-6:00 PM

**Early Bird:** Member: \$40 Non-Member: \$60

**Program Fee:** Member: \$50 Non-Member: \$60

### Snow Day Care

You wake up and school has been cancelled for inclement weather for Marshall Public Schools, so what will you do? Don't let a cold, snowy day keep you inside hibernating! Grab a friend and spend a day filled with fun and excitement for children K-6th grades. Activities include: sports, arts & crafts, games, swimming, and other activities. Children need to bring a sack lunch & drink, tennis shoes, swimming clothes, and a towel. Contact Jay Bradley for more information.

**Time:** 7:45-5:15 PM

**Fee:** Member: \$15 Non-Member: \$40

**(Payment is due upon drop off at the YMCA)**

**Please listen to KMMO 102.9 FM for snow day care dates and times!**



### **Kid's Day Out:**

Calling all kids K-6th grade! Don't sit at home on your day off school, spend it with us at the YMCA! Children will enjoy structured activities including crafts, games, sports, and swimming. Please provide tennis shoes, bathing suit, towel, and lunch for your child. A morning and afternoon snack will be provided.

**Grades:** K-6th grade

**Times:** 7:45 am-5:15 pm

#### **Dates:**

Fri, October 20 **Early Bird:** Wed, Oct. 18

Wed, November 22 **Early Bird:** Mon, Nov. 20

**Early Bird Fee:** Member: \$15

Non-Member: \$40

**Program Fee:** Member: \$25

Non-Member: \$40

**Minimum:** 10 Participants



### **Kid's/Toddler's Evening Out**

At the Y, we know parents need a break from time to time. Parents can have a night out while the kids have fun at the Y. Kid's ages 2-11 enjoy snacks, games, and more. Ages 5 and older will swim too! All children will enjoy structured, themed activities including crafts, games, and sport activities while at the Y! Please provide tennis shoes for all participants.

#### **Participants:**

Toddler's Evening Out 2 yrs.-Pre-K

Kid's Evening Out K-5th grade

**Times:** 6-11 pm (children may not be dropped off until 6pm)

**Early Bird Fee:** Member: \$15

Non-Member: \$40

**Program Fee:** Member: \$25

Non-Member: \$40

#### **Dates:**

September 1- Viking Night

Early Bird: August 30

October 6- Fright Night Friday

Early Bird: October 4

November 3- Mad Science Night

Early Bird: November 1

December 1- Jurassic World Night

Early Bird: November 29



### **Indoor Youth Soccer**

It's time for another exciting season of YMCA Youth Indoor Soccer. This program will emphasize fun, skill development and teamwork. There will be no league standings since sportsmanship and YMCA values are encouraged. Everyone who signs up will play. The league is open to boys and girls Kindergarten through 4th grade. Teams for Kindergarten, 1st and 2nd grade will be co-ed. 3rd and 4th grade will be separate boys and girls teams (may be co-ed if there is not enough boys/girls to make separate teams). There will be a mandatory coaches meeting on Monday October 30.

**Early Bird :** Friday, October 27

**Early Bird Fee:** Members: \$25

Non-Members: \$50

**Program Fee:** Members: \$35

Non-Members: \$50

**Coach's Meeting:** Monday, October 30 @ 5:30 PM

**Program Dates:** Tues, Thurs, & Sun  
November 2 - December 10

Games on Sunday

**Program Times:** Tues, Thurs, & Sun  
Practices 5:30 & 6:30 PM

Games 2:00 PM on Sundays

***\*No practice or games the week of November 20-26 due to the Thanksgiving Holiday.***



### **Breakfast with Santa**

Join us for our second annual event and spend some time with Santa and tell him your wishes. This event helps raise money for our annual campaign which allows everyone an opportunity to be involved in the YMCA.

**Date:** December 9

**Time:** 9 -11 am

**Program Fee:** \$5/ per ticket



# YOUTH SPORTS

## Youth Co-Ed Volleyball

This program is a 6 week co-ed instructional introduction to volleyball for youth grades 3rd-6th. Teams will be divided into 3rd and 4th graders and 5th and 6th graders. The program will consist of 4 weeks of games. Everyone who signs up will play. Teams will be lead by volunteer coaches. Parents are encouraged to help coach their child's team. Each team will get 1 hour of practice time a week. There will be a mandatory Training Day on September 8. A Coach's Meeting will be held following the Training Day Practices will be held on Tuesdays and games on Thursdays, with the first games starting September 29. Practices will begin on September 12 and will be joint practices between similar grade group.

**Grade Groups:** 3rd-4th & 5th-6th

**Early Bird:** Tuesday September 5th

**Early Bird Fee:** Member:\$25  
Non-Member:\$50

**Program Fee:** Member:\$35  
Non-Member:\$50

**Training Day:** Thursday September 7th @ 5:30 PM

**Coach's Meeting:** Thurs. Sept. 7th @ 6:30 PM

**Program Dates:** Tues & Thurs, Sept. 12th – Oct. 19th

*(Games are played on Thurs. starting September 28th)*

**Program Times:** Tues & Thurs 5:30 PM (3rd & 4th grade) & 6:30 PM (5th & 6th grade)



## Flag Football

This program is an 8 week co-ed instructional introduction to flag football for youth 1<sup>st</sup> through 4<sup>th</sup> grade. The program will consist of 6 weeks of games. Everyone who signs up will have the opportunity to purchase team pictures. Everyone who signs up will play. Teams will be lead by volunteer coaches. Parents are encouraged to help coach their child's team. Each team will get 1 hour of practice time a week. Games will consist of two non-stop 20 minute halves. Practices will be held on Tuesdays and games on Thursdays, with the first games starting September 21. There will be a Training Day on Thursday September 5 at 5:30 PM. All players must attend the training day. A coaches meeting will be held after the training day at 6:15 PM.

**Early Bird:** Thursday August 31

**Early Bird Fee:** Member:\$25  
Non-Member: \$50

**Program Fee:** Member: \$35  
Non-Member:\$50

**Training Day:** Tuesday September 5 @ 5:30 PM

**Coach's Meeting:** Tues. Sept. 5 @ 6:15 PM

**Program Dates:** Tues & Thurs, September 7 – October 26

**Program Times:** Tues & Thurs 5:30 pm on the fields at the YMCA

## Sport Enhancement Training

(3rd – 6th grade)

Our mission is to provide youth opportunities to set goals, gain confidence and to strive to become the best athlete and individual through athletic training. Within each session, core value fundamentals will be incorporated, while instilling in each child that hard work pays off.

### CLASS FORMAT:

This program is an excellent option for those who want to improve their sport performance and decrease their risk of injury while also gaining valuable life lessons along the way. We will be offering two 6 week sessions which will meet twice a week. For youth 3rd – 6th grade. (Sport specific group training or individual training is available. Contact Lisa McComas, Wellness Director for additional information and pricing). Come join us and don't just talk about your dream, live it! Focus will be put on the following:

- Agility
- Coordination
- Speed
- Core Strength
- Quickness
- Balance
- Vertical Jump
- Reaction Time
- Running Form
- Flexibility

**Dates:** Session I: September 5 –October 12 **Early Bird** August 29

Session II: October 23-December 7 **Early Bird:** October 16

No classes the week of November 20 – 24

Time: Tuesday/Thursday 3:30 – 4:30 pm

Early Bird Fee: Member \$50.00 Non-Member \$70.00

Program Fees: Member \$60.00 Non-Member \$70.00

## TNT PROGRAM

Boom! **Teens in Training** is an introductory 6-week strength and conditioning class, taught by a certified trainer, designed for youth and teens 7<sup>th</sup> – 12<sup>th</sup> grade. This progressive program incorporates an educational component and hands-on instruction during each class session. The class focuses on teaching the proper techniques of strength and conditioning while providing education on basic anatomy. (Minimum 5 participants per age group)

**Dates:** Session I: September 5 –October 12 **Early Bird** August 29

Session II: October 23-December 7 **Early Bird** October 16

No classes the week of November 20 – 24

Time: 7th –9th graders M/W 6:30 –7:30pm

10-12th graders T/R 6:30—7:30pm

Early Bird Deadline: Tuesday, August 29

Early Bird Fee: Member \$50.00 Non-Member \$70.00

Program Fees: Member \$60.00 Non-Member \$70.00

# GYMNASTICS

**Dates:** Session I: September 5 –October 12      **Member EB Deadline:** August 29  
 Session II: October 23–December 7      **Member EB Deadline:** October 16  
 No classes the week of November 20 – 24

Swim & Gym (3-4 yrs)      **Maximum: 5**

This class combines the best of two worlds! Swimming lessons on Tuesdays (parents don't have to get in the water) and gymnastics on Thursdays (Live Y'ers class). Gymnastics will be 45 minutes and swimming 30 minutes.

**Days/Times:** Tuesday: 5:15-5:45 pm (swimming)  
 Thursday: 5:15-6:00 pm (gymnastics)  
**Early Bird Fees:** Member: \$50 Non-Member: \$80  
**Program Fee:** Member: \$65 Non-Member: \$80

Swim & Gym (5-6 yrs)      **Maximum: 5**

This class combines the best of two worlds! Gymnastics is on Tuesdays (Jr Jumpers class) and swimming will be on Thursdays. Gymnastics will be 45 minutes and swimming 30 minutes.

**Days/Times:** Tuesday: 5:15-6:00 pm (gymnastics)  
 Thursday: 5:15-5:45 pm (swimming)  
**Early Bird Fees:** Member: \$50 Non-Member: \$80  
**Program Fee:** Member: \$65 Non-Member: \$80

Diaper Gym/Tiny Tumblers (steady walkers - 2 years)

This is a 30 minute combined class which involves parent participation. Children will explore a variety of movement activities with the emphasis on motor development skills and basic gymnastics. This class is lightly structured.

**Days/Times:** Tuesday/Thursday 9:45-10:15 am or 4:45-5:15 pm  
**Early Bird Fees:** Member: \$35 Non-Member: \$65  
**Program Fee:** Member: \$50 Non-Member: \$65

Live Y'ers (3 - 4 years)

Children explore basic skills of tumbling, bars, beam, and developmental skills such as hopping, jumping, skipping and throwing.

**Days/Times:** Tues/Thurs: 9:00 – 9:45 am or 5:15-6:00 pm  
**Early Bird Fees:** Member: \$50 Non-Member: \$80  
**Program Fee:** Member: \$65 Non-Member: \$80



Junior Jumpers (5 - 6 years)

Children learn and experience the basic skills of tumbling, vault, bars, beam & developmental skills in an exciting & enjoyable way.

**Days/Times:** Tues/Thurs—9:00 – 9:45 am or 5:15-6:00 pm  
**Early Bird Fees:** Member: \$50 Non-Member: \$80  
**Program Fee:** Member: \$65 Non-Member: \$80

Rollers (6 years & up)

This class will lay a foundation for all progressive classes. This will include improving developmental skills and adding more advanced forms including cartwheel, round off, and handstand.

**Days/Times:** Tues/Thurs 3:30 – 4:30 pm or Mon/Wed— 5:15-6:15 pm  
**Early Bird Fees:** Member: \$60 Non-Member: \$90  
**Program Fee:** Member: \$75 Non-Member: \$90

Swingers (7 years and up)

Gymnasts will continue to build a strong background of skills and improve on the execution of learned skills. This class is for children who have passed Rollers and can execute a cartwheel, round off, and handstand.

**Days/Times:** Tues/Thurs 3:30 – 4:30 pm or Mon/Wed— 5:15-6:15 pm  
**Early Bird Fees:** Member: \$60 Non-Member: \$90  
**Program Fee:** Member: \$75 Non-Member: \$90

**Team (Must have Instructor permission to enroll)**

This class is in preparation of team competition. Gymnasts will be concentrating on learning the new Level 2-3 USAG routines in addition to progressing their skill level.

**Must be a YMCA member.**

**Days/Times:** Mon/Wed – 3:30 – 5:00 pm  
**Early Bird Fees:** Member: \$85  
**Program Fee:** Member: \$100

