

# GYMNASTICS

## YOUTH GYMNASTICS – MASKS ARE REQUIRED

Participants work on floor, balance beam, bars and vault, grouped according to ability. Gymnasts must wear leotards.

### **NEW!** NINJASTICS CLASSES

This co-ed Ninja & Gymnastics program is the best of both worlds! Combination of Ninja Warrior activities with fundamental gymnastics exercises. Combine fitness and obstacle training using the rope, cargo net, rings, trampoline, tumble trak etc. Add introductory training on a variety of gymnastic apparatus. The goal is to have a blast with challenging obstacle courses, introduce flips and tricks!

#### **Little Ninjas (Ages 4-7)**

Mon 11:20-12:20pm

Thur 12:15-1:15pm

#### **Ninjastics (Ages 6-12)**

Sat 2:30-3:30pm

Sat 3:45-4:45pm

January 5 - February 23

Member Fee: \$160 (class limit 8)

#### **Boys Beginner (Ages 5-11)**

Skills on the Floor, trampoline, rings, vault, bar, tumble trak.

Friday 5:10-6:10pm

January 8 - February 26

Member Fee: \$200

### **NEW!** Trampoline & Tumble (Ages 6+)

Learn to jump, spin, flip and tumble with ease. All skill levels are welcome from beginner to the most advanced. (Class limit 10)

Sun 9:30-10:30am

January 10 - February 28

Member Fee: \$160

### **Toddler Adventure Gym (Ages 6 months - 7 years)**

Open play. Children must participate with parent or caregiver. Masks required.

Monday-Friday 9:00-11:00am

Fee: \$10 drop-in

**No membership required**

### **NEW!** Advanced Tumbling (Ages 8+) (Limit 10)

Co-ed. Work on round-off back handspring, back tuck, front tuck, aerial. This class is for tumblers who have mastered the back handspring.

January 10 - February 28

Sun 12:00-1:00pm

Member Fee: \$125

### **Competitive Team**

Westport Weston Family YMCA competes in Regional and National level YMCA & USAG meets.

Season: September-June

Level III & IV \$4,354/yr

Level V \$4,676/yr

Level VI, VII, VIII \$4,765/yr

### **Gymnastic Privates (Ages 6+)**

Please contact Sally Silverstein for more information and to schedule a private lesson.

Fee: \$85/hour \$45/half hour

## SESSION INFORMATION

### Winter Session Dates

January 4 - February 28

**No classes**

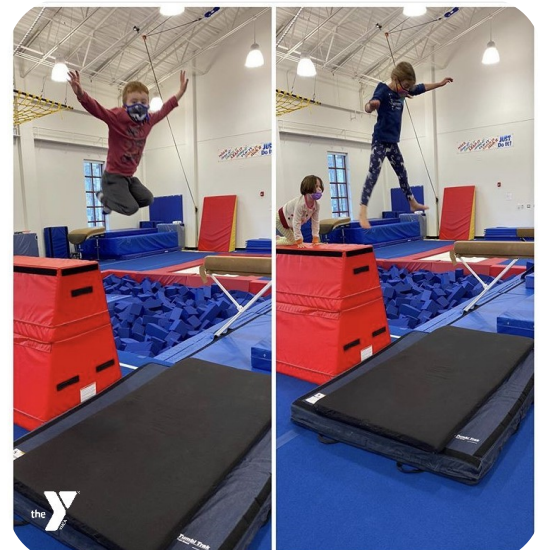
Jan 18, Feb 15-21

All classes are held at the **NEW** YMCA Gymnastic Center  
14 Allen Raymond Lane  
Westport, CT 06880

For questions about classes or placement, please contact Sally Silverstein, Gymnastic Director: [ssilverstein@westportymca.org](mailto:ssilverstein@westportymca.org)

### Makeup Policy

Gymnastic program participants register for classes on specific dates and times. Unless the YMCA cancels a class, and provides for a makeup, attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participant to attend a different class. No refunds for classes.



# GYMNASTICS

## YOUTH GYMNASTICS – MASKS ARE REQUIRED

Participants work on floor, balance beam, bars and vault, grouped according to ability. Gymnasts must wear leotards.

### Pre School Beginner – 45 min (Ages 3–4)

**NEW!** Parents do not stay.

**Limit 6 per class**

January 4– February 26

Wednesday 1:30–2:15pm

Wednesday 2:30–3:15pm

Thursday 1:30–2:15pm

Thursday 2:30–3:15pm

Friday 1:00–1:45pm

Friday 2:00–2:45pm

Member Fee: \$165

### Pre School/Beginner – 1 hour (Ages 3–4)

Introduction to tumbling, gymnastics skills and creative movement. Masks required. Parents do not stay.

**Limit 6 per class**

January 4 –February 22

Mon 2:15–3:15pm

Member Fee: \$200

### Combo Beginner and Advanced Beginner (Ages 5 –11)

Levels are separated by ability.  
Masks encouraged.

**Limit 12 per class**

January 4–February 28

Mon 10:00–11:00am

Mon 1:00–2:00pm

Mon 2:45–3:45pm

Mon 4:00–5:00pm

Mon 5:20–6:20pm

Tue 4:10–5:10pm

Tue 5:30–6:30pm

Wed 10:00–11:00am

Wed 2:45–3:45pm

Fri 3:00–4:00pm

Fri 4:10–5:10pm

Sun 10:45–11:45am

Member Fee: \$200

### INVITE ONLY CLASSES

#### Intermediate

January 7–March 25

Thu 4:00–6:00pm

Sat 1:00–3:00pm

Member Fee: \$470

#### Advanced

January 6–March 24

Wed 4:15–6:15pm

Member Fee: \$470

#### Teen Tumbling (Grades 6+)

January 6–March 24

Wed 6:30–8:30pm

Member Fee: \$470

#### Pre-Competitive Team

By invitation only.

January 5–March 25

Tue and Thu 4:15–6:15pm

Member Fee: \$800

#### Competitive Team

Westport Weston Family YMCA competes in Regional and National level YMCA & USAG meets.

Season: September–June

Level III & IV \$4,354

Level V \$4,676

Level VI, VII, VIII \$4,765

#### Gymnastic Privates (Ages 6+)

Please contact Sally Silverstein for more information and to schedule a private lesson.

ssilverstein@westportymca.org

Fee: \$85/hour \$45/half hour

### Showtime

**Exhibition Gymnastic Team**  
Nationally recognized

**Gold Medal Award Winning  
Exhibition Team.**

To be part of this invite-only program, one must move up through the Family YMCA gymnastics classes. Exceptions must be approved after a tryout.

Contact Gymnastic Director:

Sally Silverstein

ssilverstein@westportymca.org

Season: September–February

Fee: \$900/season

### Makeup Policy

Gymnastic program participants register for classes on specific dates and times. Unless the YMCA cancels a class, and provides for a makeup, attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participant to attend a different class. No refunds for classes.



# GYMNASTIC FAMILY FUN!

## FAMILY EVENTS AT THE YMCA GYMNASTIC CENTER – MASKS REQUIRED

All gymnastic clinics, family activities and events on this page are held at the YMCA Gymnastic Center. Gymnasts must wear masks to enter and exit Y building. The Gymnastic Center is a **nut-free** facility. There are no refunds or credits for clinics, camps or family events.

### December 2020 Back Handspring & Walkover Clinics (Limit 20)

Date: Monday, December 21, Tuesday December 22  
Time: 4:15-5:45pm  
Member fee: \$45/day

### January 18 Martin Luther King Jr. Day (Ages 5-11)

Lots of gymnastics, no-touch games and a craft.  
Limit 25. Bring a snack and drink.

Date: Monday January 18  
Time: 12:00-3:00pm  
Member fee: \$50/child

### February Break 2021 Gymnastics (Ages 5-11)

Lots of gymnastics, a craft and no-touch games.  
Please bring water bottles, snack and drink.

Date: Monday, February 15 - Thursday, February 18  
Time: 12:00-3:00pm  
Member fee: \$50/day

Register online [westporty.org](http://westporty.org), at Membership Desk or email Sally: [ssilverstein@westporty.org](mailto:ssilverstein@westporty.org)

### April Break 2021 Gymnastics (Ages 5-11)

Lots of gymnastics, a craft and no-touch games.  
Please bring water bottles, snack and drink.

Date: Monday, April 12 - Wednesday, April 14  
Time: 12:00-3:00pm  
Member fee: \$50/day

Register online [westporty.org](http://westporty.org), at Membership Desk or email Sally: [ssilverstein@westporty.org](mailto:ssilverstein@westporty.org)

### Keeping our Athletes and Families Safe and Healthy:

1. All coaches and gymnasts must wear masks.
2. All gymnasts should bring a water bottle. Water fountains are unavailable.
3. Athletes will be asked to wash hands and use sanitizer before and after class.
4. Coaches wipe down mats, equipment, key touch points, and disinfect the equipment with a CDC-approved commercial grade cleaning product.
5. Commercial grade disinfectant fogger used in the gym.
6. Classes are at reduced capacity, gymnasts are 6 feet apart, all adults and gymnasts must wear masks at all times.
7. Parents/adults drop off their child(ren) at the YMCA Gymnastic Center door with our door greeter.
8. Gymnasts will enter and exit the YMCA Gymnastic Center from different doors.

## SUNDAY MORNING SKILLS CLINICS

Although most gymnasts will not master these specific skills in one clinic, they will leave with more confidence, a better understanding of the skill and an awareness of proper technique. **Membership required for skills clinics.**

### Walkover Clinic (Ages 5+)

One on one with coaches spotting and shaping to help each child perfect their skills. All levels welcome.

Date: Sunday, Jan 10, Feb 7, Mar 7, Apr 25  
Time: 9:00-10:30am  
Fee: \$45/day (Limit 10 gymnasts)

### Back Tuck Clinic

For gymnasts in Intermediate - Competition level. Come work on your back tucks. Coaches work on technique, drills and stations.

Date: Sunday, Jan 24  
Time: 9:30-11:00am  
Fee: \$45 (Limit 14 gymnasts)

### Cartwheel Clinic (Ages 4+)

Learn your cartwheel or just clean them up. Stations and drills.

Date: Sunday, Jan 10, Feb 7, Mar 7, Apr 25  
Time: 10:30am-12:00pm  
Fee: \$45/day (Limit 15 gymnasts)

### Back Handspring Clinic

Work one on one, stations, circuit of drills and progression skills. Must have a clean round off and standing back bend kick over.

Date: Sunday, Jan 10, Feb 7, Mar 7, Apr 25  
Time: 9:00-10:30am  
Fee: \$45/day (Limit 10 gymnasts)

# SUMMER GYMNASTICS

**We are a nut-free gym.** Please send your child with snack and drink every day. All campers must have signed waiver to participate. **Membership not required for camp programs.**

## Summer Gymnastics Morning (Ages 5 & up)

Gymnastics, games craft, fun themes. Please bring a nut-free snack and drink. All gymnasts must have signed waiver. NO refunds after May 1. Masks required. Limited enrollment.

Session 1	June 28-July 2
Session 2	July 5-July 9
Session 3	July 12-16
Session 4	Jul 19-23
Session 5	Jul 26-30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-20
Mon-Fri	9:00am-12:00pm
Fee:	\$240/week

## Summer Gymnastics Afternoon (Ages 5 & up)

Games, crafts, lots of gymnastics, fun themes. No refunds or credits after May 1. Masks required. Limited enrollment.

Session 1	June 28- July 2
Session 2	July 5-July 9
Session 3	July 12-July16
Session 4	July 19-July 23
Session 5	July 26-July 30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-Aug 20
Mon-Fri	12:30-3:30pm
Fee:	\$240/week

## Competition Summer

No refunds or credits for days missed. No make-ups.  
Masks must be worn at all times. Limited space available.  
No daily drop-ins. Choose 3 days/week, 2 days/week or both.  
**Membership required. Registration must be done in advance.**

### June 28-Aug 20

Mon, Wed & Fri 4:00-6:30pm

\$150/week

### June 28-August 20

Tue & Thu 4:00-6:30pm

\$105/week

Session 1	June 28- July 2
Session 2	July 5-July 9
Session 3	July 12-July16
Session 4	July 19-July 23
Session 5	July 26-July 30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-Aug 20

**MAKING MEMORIES THAT  
LAST A LIFETIME**

## Summer Gymnastics and Art (Ages 3-5)

Gymnastics, games, art project each day. Bring nut-free snack and drink. Must be completely toilet-trained. NO refunds or credits after May 1. Masks required. Limited enrollment.

Session 1	June 21-25
Session 2	June 28-July 2
Session 3	July 5-9
Session 4	July 12-16
Mon-Thu	9:00am-12:00pm
Fee:	\$240/week



## CONTACT:

Sally Silverstein, Director YMCA Gymnastic Center  
203-226-8981 x130 [ssilverstein@westportymca.org](mailto:ssilverstein@westportymca.org)

## LOCATION:

**WESTPORT WESTON FAMILY YMCA GYMNASTIC CENTER**  
14 Allen Raymond Lane, Westport, CT 06880