



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LONG BRANCH AREA YMCA

COED GYMNASTICS

MEMBER REGISTRATION BEGINS: AUGUST 21
NON-MEMBER REGISTRATION BEGINS: AUGUST 28

MONDAY & TUESDAY NIGHTS 14 WEEK SESSION — SEPTEMBER 11—DECEMBER 12
Y-MEMBERS: \$80 NON-MEMBERS: \$160

Coed serving ages 4 to High School

Instructors: Megan Stanton, Claire Lewis & Aaliyah Sughayer

LIVE Y'ERS (AGES 4-PRE K) Must be 4 by September 11

Children will learn group play, taking turns, and following directions while receiving the benefits of exercise. Gymnast will improve their strength, balance, self-esteem, and control while learning basic skills on all four apparatuses—floor, beam, bars, and vault.

Monday	5:00pm to 5:45pm	Aaliyah/Claire
Tuesday	5:15pm to 6:00pm	Megan/Claire

JUNIOR JUMPERS (LEVEL 1) For Beginners

Children will learn the fundamentals of gymnastics on all four apparatuses—beam, bars, floor, vault. This is a beginner level class.

Monday	7:00pm to 7:55pm	Aaliyah/Claire
Tuesday	6:05pm to 7:00pm	Megan/Claire

CRAZY CARTWHEELERS (LEVEL 2)

Instructor placed, returning students. Gymnasts will learn more difficult skills, building on what was learned in Level 1.

Monday	6:00pm to 6:55pm	Aaliyah/Claire
Tuesday	7:05pm to 8:00pm	Megan/Claire

ROLY POLY GYMNASTICS

AGES 1-3 YEARS, 45 MINUTES FOR 3 WEEKS. With coach supervision and limited guidance, bond with your little one(s) while teaching the importance of physical activity during this exploratory time on the gymnastics equipment.

Dates: October 28, November 4 & 11 Time: 9:30 am-10:15 pm

Instructor: Megan Stanton & Claire Lewis Fee: YMCA Member-\$20 Non-member-\$40

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.